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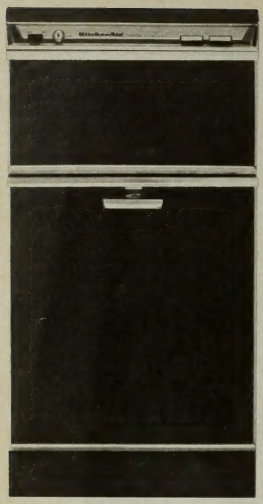
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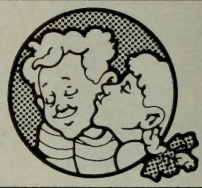
Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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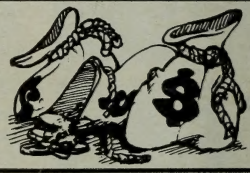


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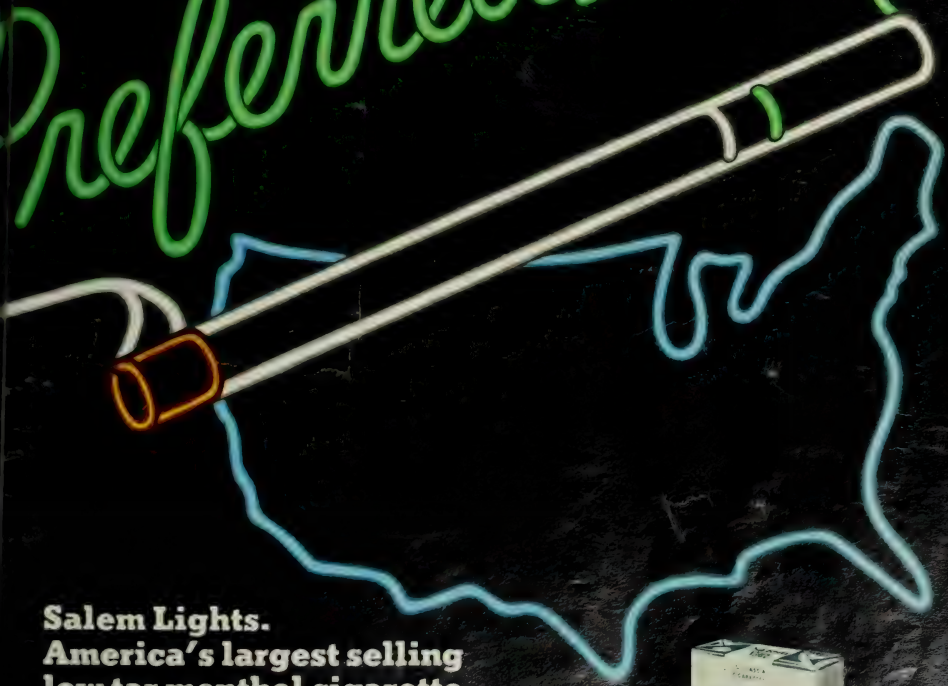
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Beef and Mushroom Pie starts with San Francisco's Rice-A-Roni

n 2 Tbsp. butter or margarine lightly brown ce and vermicelli from 1 pkg. Beef Flavor ice-A-Roni. Add 1 lb. ground beef; finely rumble and continue browning. Stir in 2½ ups hot water, 1 (2 oz.) can sliced mush-ooms, contents of Beef Flavor Packet, 1 tsp. alt, ¼ tsp. pepper. Cover and simmer 15 inutes. Cool slightly; stir in 2 well-beaten ggs. Fill 9" unbaked pie shell with Rice-A-oni mixture. Garnish with 3 slices bacon. ake on cookie sheet at 400°, 20-25 min-tes. Serves 4-6.

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THOSE FUNNY TRICKS YOUR BODY PLAYS



Ever wonder why you blush, hiccup, sneeze, have butterflies in your stomach, or get goose bumps?

Usually these tricks aren't serious, and in most cases they're short-lived.

Here's a rundown on some of the funny tricks your body plays—and why.

SLEEPY LEG

Perhaps you're sitting, engrossed in reading, with one leg tucked under you; or you're leaning on your elbow, your head cupped in the palm of your hand. Suddenly your leg or hand is asleep. Why? You've compressed a nerve and cut off the sensations that travel to the brain. And in some cases, you also may have restricted the flow of blood to the extremity.

To awaken a leg or an arm that's asleep, stomp your foot and wiggle your toes, or wave your arm and flex your fingers. These actions relieve pressure on the nerves and return blood to the affected area.

YAWNING

Yawning is thought to be related to lack of oxygen. When you're tired, your heart and respiration involuntarily slow down. The respiratory center of your brain senses increased carbon dioxide levels and forces a yawn to get more oxygen into the bloodstream. Yawning increases the return of "used" blood to the heart and opens air sacs in the lungs that may have closed during a period of quiet breathing. The arm stretching that's associated with yawning has a fancy name: *pandiculation.* Another fact about yawning is easy to demonstrate: It's contagious.

HEAD JERK

You're bored and you start to doze. Your head sinks almost to your chest. Suddenly your head jerks back up, like a ball on an elastic cord. This quick action wakes you—or so it seems.

What really waked you was the pull of gravity when your head fell downward. Your brain instantly perceived that your head was in an unnatural position and rushed to set it right. This action occurs only when you're in a position that's not suited to sleep. If you were comfortable, you would just keep on sleeping.

BEDTIME TWITCH

You've just gone to bed when suddenly your husband or wife gives you a sharp elbow jab in the ribs or a swift kick in the shin. Your spouse's action isn't hostile; it's a *myoclonic twitch.* The twitch occurs in that curious state between wakefulness and sleep: The brain is turning off its attentiveness to external stimuli but some signals are still getting through. The brain's response is incomplete, hence the sudden jerking movement.

SNORING

Snoring sounds are produced by the vibration of the soft palate and the uvula at the back of the throat. The tendency to snore is increased by any obstruction of the nasal airway such as enlarged tonsils, adenoids, or nasal polyps. More men snore than women, perhaps because more men sleep on their backs, a position that is more likely to produce snoring. Snorers often sleep open-mouthed, but snoring can occur even when the mouth is shut. Snoring usually happens only during rapid eye movement (REM) sleep, the stage when dreaming occurs. When your spouse pushes you over or hisses, "Stop snoring!" you're likely to move into another sleep stage; that's why the snoring stops.

TICS

You're hurrying to finish a difficult task, your boss is practically standing over your shoulder, and suddenly the corner of your eyelid or your mouth, perhaps even your shoulder, starts to twitch. These brief muscle contractions most often occur during conditions of stress. The more you worry about tics, the more they seem to occur; that's the result of added stress. The reverse is true, too; if you don't dwell on them, they soon go away. Children often suffer from such tics as persistent blinking or sniffing.

BLUSHING

Blushing is a visible declaration of embarrassment. Tiny capillaries in the face near the skin's surface rapidly fill with blood, producing the characteristic redness. Why do the emotions trigger this physical response? Nobody knows. The converse—pallor in moments of fear—is easier to explain: The body is preparing itself to handle the anticipated crisis, and blood is diverted from the skin and other nonessential organs and is routed instead to heart, lungs, and major muscle groups.

LUMP IN THE THROAT

Fear and anxiety can produce an involuntary tensing of throat muscles that interferes with normal swallowing.

continued

Drawing: Shelly Thornton Becker

continued



Salivary secretions accumulate and become thick, making it difficult to clear the throat effectively. The sensation is perceived as a "lump." Some people find that this "lump" actually impedes their speech and causes them to become hoarse—the familiar "frog" in the throat.

BUTTERFLIES IN THE STOMACH

This quivery sensation defies a technical explanation, but it is believed to come from muscle spasms in the stomach and the intestines. The spasms occur when the attention of the muscle control center that ordinarily—and automatically—keeps these organs functioning is diverted because of excitement and fear.

RAPID HEARTBEAT (or missing a beat)

Most people have an uneven pulse (heartbeat) now and then, frequently without even being aware of it. It's perfectly normal for the heart to race after strenuous exercise or under conditions of fear or excitement. But sometimes, the heartbeat is both rapid and irregular without any apparent cause. At such times the heart isn't working efficiently because it doesn't have enough time to fill with blood completely between beats. Such episodes rarely last more than a minute, and unless they occur frequently, are probably nothing to worry about.

Other times you might think your heart has missed a beat. You have the sensation of a flutter or a flop in the chest, need a deep breath, and then feel a thump when the next beat comes. The flutter actually is a beat that comes too early when the heart isn't ready. The thump occurs at the next beat because the heart has paused a little longer than usual and has become extra full. Extreme anxiety can cause some otherwise healthy hearts to miss a beat; so can fatigue, alcohol, or caffeine.

GOOSE BUMPS

Those tiny little bumps that appear in an instant can be triggered by fear or stress. At the same time you'll probably feel the hair on your neck stand on end—just as a cat reacts when it encounters a dog. Tiny muscles called *erector pili* or "hair lifters" do their best to make you look ferocious. Sometimes goose bumps are triggered simply by exposure to cold; muscle contractions and blood flow that is redistributed throughout the body help prevent further heat loss from the surface of the skin.

DOUBLE JOINTEDNESS

Joints occur where two or more bones come into contact, but no one actually has two joints in the same location. Ligaments—bands of tough fibrous tissue—hold the bones together. Some people have extra stretchy ligaments (particularly in their fingers) that make possible the weird contortions associated with double jointedness.

KNUCKLES THAT CRACK

When you force a joint in a finger or toe beyond its normal range of motion, you cause a change in pressure within the joint. Gas (nitrogen) is sucked out of the synovial fluid in and around the joint, just as bubbles rise to the surface in a freshly opened carbonated beverage bottle. (Another example of the same phenomenon is called *the bends* and occurs when deep-sea divers surface too quickly.)

The popping noise that you hear when a knuckle is cracked occurs when a tiny bubble of gas is forced from one side of the joint to the other through a narrow space.

EARS THAT WIGGLE

Remember the class clown, the one who sat in the front row at school, wiggling his ears to his classmates' delight and his teacher's great consternation? He wasn't born with an extra set of muscles but he did possess voluntary control over certain muscles that, in most people, are involuntary.

Similarly, some people can roll their tongues, wiggle their eyebrows, or move their eyes from side to side.

RUMBLING STOMACH

Those rumbling noises of varying quality and intensity don't actually come from the stomach, but from the intestines. When it's near mealtime and you're thinking about eating, you may swallow air without realizing it. The intestines don't tolerate air well and move it around rapidly. If there's liquid in the intestines at the same time, the result is that distinctive noise which goes by the name of *borborygmi* (bor-bor-IG-me).

HICCUPS

Transient attacks of hiccups can be triggered by excessive laughter, tickling, or rapid eating or drinking, all of which apparently irritate nerves involved in controlling the diaphragm. The diaphragm muscle continues to contract involuntarily; you can't "will" hiccups away.

Home remedies abound; their sheer number testifies to the fact that none is universally successful. The following are said to help some of the people some of the time: holding your breath; breathing deeply; breathing into a paper bag and rebreathing the same air; swallowing dry bread, crushed ice, or granulated sugar; sticking out the tongue and holding it; touching the uvula at the back of the throat with a tongue depressor or the handle of a spoon; applying light pressure to the eyeballs. It also may help to have a conspirator sneak up behind the hiccup victim and scream or otherwise attempt to "scare" the hiccups away. Perhaps the best "cure" is to ignore them.

SNEEZING

Sneezing, also known as *sternutation*, is most often the result of irritation of the lining of the nose. A sneeze is a violent expulsion of air through the nose or mouth. This involuntary action performs the useful task of ridding the nose of dust, dirt, and other irritants. In some people the lining of the nose is so sensitive that sneezes can be provoked by a temperature change, such as going from a warm house into the winter cold. Strong sunlight also makes some people sneeze. ■

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MONEY Margaret Daly

YOUR RIGHTS WITH YOUR CREDITORS



Probably the most significant pieces of federal consumer legislation in the last decade have been aimed at protecting consumers when they deal with creditors. From the Truth-in-Lending Act, passed in 1968, to the Fair Debt Collection Practices Act of 1977, borrowers have gained important rights that make buying on time more equitable.

More changes are sure to come. Consumer protection groups, regulatory agencies, the lending industry, and Congress all think Truth-in-Lending should be simplified, but they hadn't agreed how by the time we went to press. For the present, here's a summary of important rights with your creditors—what you can expect under typical credit situations and what you can do if things go wrong.

When you shop for credit

Whether you're talking to a banker about a car loan or a department store official about opening a charge account, Truth-in-Lending says you must be told exactly how much buying on credit will cost.

Disclosures: The term that lenders must use when quoting interest is called the Annual Percentage Rate (APR). Except for mortgage transactions, when some exclusions are permitted, all costs associated with the loan must be figured into the APR.

For *closed-end credit*, such as a car loan with fixed payments and a final payoff date, other significant disclosures are mandatory. Those include the interest rate over the life of the loan in dollars (except with home mortgages), size and due date of monthly payments, default or late payment fees, penalties imposed for early repayment, and what collateral is taken for the loan.

For *open-end credit*, such as a revolving charge account, the creditor must reveal the monthly interest rate, minimum periodic payment required, the last day payment can be made without additional finance charges, and the method used (such as Average Daily Balance or Previous Balance) to figure interest.

Recourse: If you discover that a lender has misrepresented the cost of a contract you signed, you can take him to court. You may be able to recover actual damages plus twice the amount of the finance charge (up to $1,000), plus attorney's fees.

Rescission: With any loan that would result in a lien on your home (except for a first mortgage), you have three days in which to change your mind and back out of the deal.

Liability: If your credit card is lost or stolen, your liability is limited to $50 per card. You won't be liable for fraudulent purchases made after you've notified the creditor of the loss.

Simplification: A new amendment to the Truth-in-Lending Act is under discussion in Congress. Highlights of the pending legislation include:

- Simplified disclosure forms. Consumers would be given somewhat less information, but it would be presented in a more easily understood format.
- Enforcement changes. The right to sue would be limited to important, rather than incidental, violations of the Act. To compensate, administrative enforcement procedures would be strengthened. The FTC would be allowed to order refunds to borrowers and to take repeated violators to court.
- Earlier mortgage disclosures. Lenders would be required to disclose exact costs and terms three days after a mortgage application is made, giving applicants time to shop around.

When you dispute a bill

You've always had the right to protest when you spot an error on a bill. The Fair Credit Billing Act of 1975 establishes procedures for you and the credit card issuer to follow when a bill is in dispute.

Reporting mistakes: You have 60 days from the postmark on a bill to report an error. You must notify the creditor in writing, not by telephone, and you can't write on the bill. The creditor must reply in 30 days and resolve the dispute in 90 days. If these deadlines aren't met, he automatically forfeits the right to collect the first $50 of the disputed bill—even if the dispute turns out in his favor. A creditor can't do anything to damage your credit rating or force collection if you refuse to pay while the charge is in dispute.

Outcome: If his investigation supports your claim, the card issuer must subtract the amount disputed and the finance charges from your bill. If not, he must explain why. If you're not satisfied with that explanation and if you notify him that you still refuse to pay the bill, the creditor is free to report the disputed amount as delinquent—but he must include in the report the fact that the bill is disputed. He also must let you know to whom the report was made.

continued

Drawing: She Barger



continued

Your rights

Defective products: If you charge a "lemon" on a credit card, you may not have to pay. First, however, you must try to obtain satisfaction directly from the seller. In the case of third-party credit cards (such as bank cards), there are further restrictions: (1) the defective product must have cost over $50; and (2) the purchase must have been made in your state or within 100 miles of your house. The hundred-mile limitation does not apply if the person honoring the card is the issuer or a franchised dealer in the card issuer's products, or if you ordered the product by mail from a promotion in which the card issuer participates.

The creditor isn't required to take up your claim with the merchant who sold the defective product, but very often he will. If he sues you for payment, you can use product failure as a defense. A Federal Trade Commission ruling extends these rights to credit sales financed directly through merchants on contracts subsequently sold to a third party. An example would be a car loan made through a dealer and sold to a finance company.

When your credit rating is threatened

Within 30 days after you apply for credit, you must be told whether your application has been approved. If it's rejected, the creditor must, on your request, tell you why. If a report by a credit bureau is responsible for the rejection, the creditor must give you the name and address of the bureau. If the report was not from a credit bureau, then the creditor must inform you that you have 60 days in which you may ask in writing that you be told the nature of the adverse information.

Access to your files: You have the right to know the nature and substance of information contained in your credit bureau files. Most bureaus permit you to see your files—although this is not required by law. If you have been rejected by a creditor, the bureau can't charge you for the information; if you're just curious, there may be a nominal charge of a few dollars.

Inaccuracies: The credit bureau must reinvestigate anything you deem

continued

I chose some good reproductions. And one original.



If necessary, hearing and visually impaired aids are available from your telephone company.

It's nice to know there's one original everyone can afford. Genuine Bell.

You can choose from all kinds of colors, shapes and sizes. Plus a variety of convenient custom calling services.

So it's easy to match our styles with yours.

But no matter whether you choose a phone that's plain or fancy on the outside, you'll get genuine Bell quality on the inside.

So why settle for a reproduction, when it's just as easy to choose the original?

Bell System



This isn't the phone.

This is.

BE CHOOSEY

continued

Your rights

inaccurate. When the data can't be verified, it must be removed from your file. If reinvestigation doesn't result in a change, you have the right to insert your side of the story (100 words maximum) into your file. The revisions must, at your request, be sent to any creditor who got a report on you in the previous six months.

When you happen to be a woman

Lenders cannot discriminate because of sex, marital status, age, race, national origin, or religion.

Credit in your own name: As long as you can repay, you can't be denied individual credit. Unless you live in a community property state and as long as your husband won't use or be liable for your account, you don't need to disclose anything about his income or even the fact that you are married.

Your income. In deciding whether to grant a loan, creditors can no longer refuse to consider part-time income of a working wife, alimony, child support, or social security payments. Creditors may consider the frequency and regularity of these payments, however.

Divorcées and widows. Creditors can't just cancel your accounts when your marriage ends—unless your income has dropped so much that you might not be able to pay.

Your credit history. You are entitled to have your credit history in files maintained by credit bureaus. For example:

1. Shared accounts opened after June 1, 1977, must be reported to credit bureaus in your name, as well as your spouse's.

2. For shared accounts opened prior to June 1, 1977, you can ask any creditor at any time to report the account in both names.

3. You can request the nearest credit bureau to establish a file in your name and include information from accounts held in your husband's name in which you participated. No fee can be charged.

If you have not taken these steps and are widowed or divorced, you still may be able to take advantage of accounts you shared with your husband. When you apply for credit, you can require the creditor to consider the history of an account that was held in your spouse's or former spouse's name as long as you used the account.

When the debt collector calls

When you fall behind in your payments, you are still obligated to pay, but you no longer need be subjected to abuse from debt collection agencies. The Fair Debt Collection Practices Act, which took effect last March, makes certain collection tactics illegal:

- Threats of violence, obscene language, harassing phone calls, and publication of "shame" lists of debtors.
- Calling you at work if you object.
- Impersonating government officials or otherwise misrepresenting identity.
- Revealing the existence of a bad debt to a third party, such as a neighbor or employer. Collectors are free to report debts to credit bureaus, spouses, parents, and the debtor's attorney.

Verification. The collector must, at your request, have the creditor verify the debt. If the request is made within 30 days after you are first contacted, he must wait for verification before resuming collection activities.

Communication. You may notify the collector in writing that you don't want to hear from him again. Except for legal notices and notices of possible further action, he must cease communications. He must also stop communicating if you hire an attorney.

In-house collections. The Fair Debt Collection Practice Act applies only to some 5,000 debt collection agencies. It does not cover banks, stores, credit card companies, or others who collect their own debts ("in-house"). Such institutions may be covered if they are also in the business of "regularly collecting for third parties." In cases of severe harassment, you may be able to get a court injuction.

Enforcement

Most consumer credit protection laws allow consumers to take creditors to court and seek civil penalties for violations. To report violations, or for more information about any of these laws, write to the Federal Trade Commission, Bureau of Consumer Protection, Washington, D.C. 20580. ■

(Produced in cooperation with Barbara Mantz)



New National Smoker Study:

Merit 100's Taste Acclaimed!



Latest research shows 'Enriched Flavor' cigarette equal to–or better than–leading high tar 100's.

Can the taste of low tar MERIT 100's satisfy the toughest low tar critics: smokers of much higher tar 100's?

Here are the results of new, nationwide research involving smokers who taste-tested MERIT 100's against leading high tar brands.

Results Confirm MERIT Breakthrough

Confirmed: Majority of 100's smokers rate MERIT 100's taste equal to—or better than—leading high tar cigarettes tested! *Cigarettes having up to 70% more tar.*

Confirmed: Majority of 100's smokers confirm taste satisfaction of low tar MERIT 100's.

And detailed interviews conducted among current MERIT 100's smokers documented the same taste satisfaction.

© Philip Morris Inc. 1978

Kings: 8 mg "tar," 0.6 mg nicotine—
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Confirmed: 85% of MERIT 100's smokers say it was an "easy switch" from high tar brands.

Confirmed: Overwhelming majority of MERIT 100's smokers say their former high tar brands weren't missed!

Confirmed: 9 out of 10 MERIT 100's smokers not considering other brands.

First Major Alternative To High Tar Smoking

MERIT 100's have proven conclusively that they not only deliver the flavor of high tar 100's—but continue to satisfy!

This ability to satisfy over long periods of time could be the most important evidence to date that MERIT is what it claims to be: The first real alternative for high tar smokers.

MERIT

Kings & 100's

HE COOKS

Peanut Butter Penuche





Photographs: Hedrich-Blessing; Dieter

Gale Neal of Park Forest, Illinois, is an industrial truck mechanic, and he enjoys tinkering with motorcycles at home. But when he wants a change of pace, he heads for the kitchen to cook up something special for his wife Linda, daughter Lorraine, and son Richard.

Gale discovered Peanut Butter Penuche when a relative brought it to a family Christmas get-together. "We all liked the peanut butter flavor and creamy texture so much that I perfected the recipe," says Gale. Although the Penuche takes a little practice, Gale believes the challenge is part of the fun. He makes the candy most often for the holidays, but adds, "It's great for snacking and parties all year round."

PEANUT BUTTER PENUCHE

- **2 cups granulated sugar**
- **2 cups packed light brown sugar**
- **1 cup milk**
- **1 tablespoon light corn syrup**
- **¼ teaspoon salt**
- **½ cup creamy peanut butter**
- **2 teaspoons vanilla**

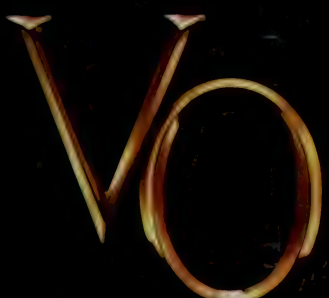
Butter the bottom and sides of a heavy 4-quart saucepan. In pan combine the granulated sugar, brown sugar, milk, corn syrup, and salt. Cook and stir over medium heat till sugars dissolve and mixture begins to boil. Reduce heat; attach candy thermometer to pan. Continue cooking, stirring occasionally, till candy thermometer reads 236° (soft-ball stage). Remove from heat; add peanut butter *but do not stir it in.* Set pan aside; allow to cool *undisturbed.* (Do not stir or move pan during cooling.) When thermometer reaches 115°, add vanilla. Beat by hand vigorously about 10 minutes or till mixture starts to lose its gloss. Pour into a buttered 8x8x2-inch pan. Score into small squares. When Penuche is only slightly warm, cut or break into squares. Makes 2 pounds. ■

Buying information, page 154

NOW MORE MONEY FOR YOUR RECIPES!

Men—share your recipes with us. We've doubled the ante for He Cooks feature recipes. If yours is selected after January 1, 1979, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.

The signposts of success are clearly lettered.



Seagram's V.O.

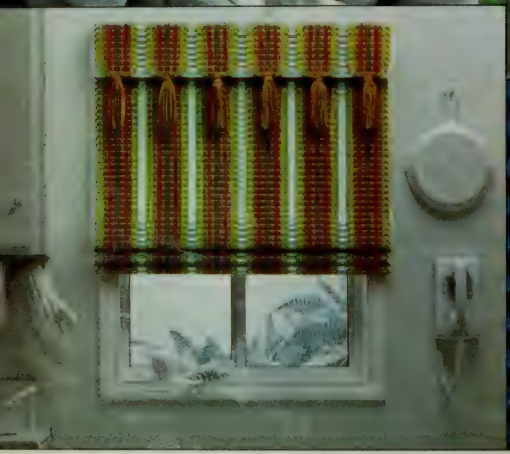
Bottled in Canada. Preferred throughout the world.

Enjoy our quality in moderation.

Canadian whisky. A blend of Canada's finest whiskies. 6 years old. 86.8 Proof. Seagram Distillers Co., N.Y.C.









Decorate and insulate

Winters don't have to be bleak. There's plenty of warmth and color abounding at your local Del Mar dealer. And from January 13 through February 11, you'll find it at up to 20% off the suggested retail prices.

Dress warmer this winter, for up to 20% off, with Del Mar Woven Woods. Here's a unique window covering that makes use of one of nature's best insulators. Wood.

Wood, you see, is made up of millions of tiny airspaces. And those tiny airspaces help keep out cold in winter and heat in summer.

(Tests, in fact, performed by an independent testing laboratory, show our over-all weave shades insulate better than aluminum blinds, bonded drapery and even black-out vinyl shades. The results are yours on request.)

Every woven wood shade we build—and we build more shades, in more pattern and styles than anyone else—is made from the choicest of imported woods.

Beautifully stained in walnut, pecan or fi other natural colors, the slats are handsomel interwoven with hundreds of decorator yar plied for stability and strength.

The results are breathtaking.

You get a rollable, foldable shade that turns any window into an instant conversatic piece. And helps reduce your fuel bill, as we

Or get ready for spring with our Classique Metal Blinds. Clean lines, beautiful colors and up to 20% off. No one needs to introdu you to the fashionable world of one-inch metal blinds.



or up to 20% less.

They're the beautiful new coverings you've
n in all the best of windows. Available in
r 50 colors, these stylishly slim slats (and their
ilishly simple plexiglas control wand) are
ractical as they are pleasing.
You choose the room. Classique sets the
od. Up, down, open, closed or tilted—you
throw a splash of color on virtually any
dow in the house.
And you know what one splash of color
do on a bleak and blustery day.

ere to cover up this winter for up to 20%
. Look for Del Mar Woven Woods and
ssique Metal Blinds from Liken Home Fur-
ings in thousands of shops and stores all
oss the country. Most likely, we're in the same
ces you've relied on for years for great-looking, fine quality wall and window coverings.

Or call these toll-free numbers for your nearest dealer. In California, (800) 891-1831, and for the rest of the country, (800) 891-1863.

Either way, you're bound to find something you'll like. And at savings of up to 20% off the suggested retail prices, at participating dealers, that's not a bad way to get through the winter.

(Don't forget. Sale starts January 13, ends February 11, 1979.)

Liken home furnishings

We've got you covered, America.



Corky learned a lesson about skunks, and the kennel taught us a lesson about Gaines•burgers® DOG FOOD He loves it.



When Corky got into a friendly argument with a wild skunk, we had to take him to the kennel for a special bath.

And while he isn't particular about his friends, he is particular about what he eats. Canned dog food. Period. And when the kennel had to keep him overnight, I was worried that he wouldn't eat.

Was I in for a surprise.

When we picked him up the next afternoon, he was devouring a bowl of Gaines•burgers like he'd been eating it all his life.

The kennel owner explained that not only is Gaines•burgers® dog food nutritionally balanced, but it's moist and meaty like canned dog food, too. And Corky was evidence that it must taste terrific.

Well, to make a long story short, Corky now eats Gaines•burgers every day and loves it. And I love the convenience.

It seems like that poor little skunk taught us all a lesson.



The canned dog food without the can®

A nutritious combination of meat by-products, vegetables, vitamins and minerals.

©General Foods Corporation 1977

CARS Kim Garretson

Service contracts: worth considering when buying a car?

You probably have had a friend relate a woeful tale of his or her new car's breaking down right after the warranty expired. Sure, this is a stroke of bad luck, but your friend has lots of company. Most cars will develop some mechanical failures as they age. If you're worried about facing steep repair bills after your car's warranty expires, there is a way you can protect yourself. Auto dealers sell service contracts administered by a car manufacturer or an independent company that extend warranty-like coverage for up to five years. However, these plans can cost several hundred dollars and might not pay off for you. Here are some tips to help you decide about this option when you buy your next car.



What are they?

Service contracts available with new and used cars and sold by auto dealers could be called extended warranties, except that the Federal Trade Commission restricts the use of the word "warranty" to something that is part of the original sale. So, while a new car warranty covers defects for a period after purchase (usually one year or 12,000 miles), a service contract for a new car covers certain components (not usually as many as the warranty covers) against mechanical breakdown for a period after the warranty expires. Used car service contracts usually take effect at purchase or at the expiration of a manufacturer's warranty.

The most popular new car service contracts are sold as three-year or 36,000-mile plans. This usually means the actual coverage is for two years or 24,000 miles since the manufacturer's warranty covers the first year or 12,000 miles. Make certain you know the actual coverage of any plan you are considering. You'll pay $150 to $300 for one of these contracts, depending on the plan you purchase, the car dealer who sells the plan, and the value and repair record of the type of car you purchase. Some of the independent companies (but none of the manufacturers) also offer five-year, 50,000-mile contracts, for a higher price, of course. If you buy a luxury car, a rare foreign model, or a motor home, you'll probably pay even more if a service contract is available at all.

Used car service contracts for one year or 12,000 miles generally cost $100 to $160, again based on the plan, the seller, and the car. Some two-year or 24,000-mile service contracts also are available. These plans impose age and mileage limits on cars that can be covered. The most common are five years for the age of the car and 60,000 miles.

Most service contracts require you to pay a $25 deductible fee whenever you file a claim. But, many plans include an allowance of about $10 a day for up to five days for renting a car when yours is in the shop. Some plans will pay towing fees and may give you a discount on the contract if your auto insurance policy covers this expense.

Assessing their value

Of course, buying a service contract means you're gambling that your repair bills will exceed the cost of the contract and deductible fees paid during the covered period. A few factors should steer you away from a hasty decision. If you will likely exceed the mileage limit or trade the car long before the time limit, you probably shouldn't consider a contract. (Most contracts are transferable to the buyer of a car, but require about a $25 fee for the transfer). Also, if you are a good garage mechanic and have always kept your cars out of the repair shop, you'll probably pass on this option.

Shopping the contracts

You don't have to buy a service contract from the dealer who sells you a car. In fact, shop around to get the coverage and price you want to pay; often, you can wait up to six months after buying a new car to buy a service contract. True, the auto manufacturers' plans offer the largest network of service outlets, but don't let this dissuade you from considering one of the independent plans. If you are unsure about the reliability of an independent firm, ask if it is backed by an insurance company that will guarantee claims should the firm go out of business. Also, check with a consumer protection office or the Better Business Bureau.

You might find service contracts sold as insurance policies in your state. If that's the case, the prices are regulated by the state insurance department so you can expect to pay the same for a particular plan wherever you buy it. At least one of the plans offered by an auto manufacturer is sold as an insurance policy in some states and as a service contract in other states.

Don't assume the higher priced contracts offer the widest coverage; prices vary so greatly you must shop carefully. Most contracts cover many parts of the engine, transmission, drive shaft,

continued

Drawing: Graphic Corporation



At $3.50 each, they're probably the bargain of the year.

(And if you really like to bargain, we'll let you have two for only $5.95!)

Go ahead. Indulge yourself (and other people you like) with the luxury of lead crystal. And satisfy your practical side by taking advantage of these very special prices. Fostoria companion pieces can be found in gift shops, jewelry and department stores wherever nice things are sold. Order as many as you like, but do it today.

Fostoria
We've been working on your crystal for 91 years.

Mail this coupon to: Fosdick Corporation/Bud Vase Offer
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Send me____ Bud Vase(s) BV-1 @ $3.50 each or $5.95 per pair

Send me____ Bud Vase(s) BV-2 @ $3.50 each or $5.95 per pair

Send me____ Mixed pairs BV-1 and BV-2 @ $5.95 per pair

Enclosed is my check or M.O. for $____ I've included 25¢ per vase for postage and insurance

NAME____

ADDRESS____

CITY____

STATE____ ZIP____

Offer good in U.S.A. except where restricted, taxed or prohibited by law. Allow 28 days for delivery. Offer expires December 31, 1979. Not available at retail. This item is distributed by Fosdick Corp., 122 Charles St., Meriden, Conn.

Clip and keep: We want you to be completely satisfied with your order—but we do know mistakes can happen. If you have any problems or questions, please let us know. Write: Sally Clark P.O. Box 7, Wallingford, Conn. 06492

continued

Service contracts

steering, electrical system, brakes, air conditioning, and suspension. But the extent of the coverage on each system may differ between plans. For example, one plan may cover the front and rear suspension while another covers only the front suspension. Or one may cover just the compressor of the air conditioning system and not the repair of hoses or the recharging of the refrigerant. Before you buy, read the fine print and ask questions to familiarize yourself with the plan's coverage; this can help avoid disputes when you file claims. Ask to speak with the car sales manager; he or she should be the most knowledgeable about the service contracts offered.

Filing claims

Find out what an authorized service shop is going to require when you file a claim. Just as you would with a warranty, you will have to prove the damage didn't result from a natural disaster, improper maintenance, or other extraneous circumstance. Some plans require a record of tune-ups, oil changes, and other maintenance (with receipts) when you file a claim. (If you perform these tasks yourself, ask about the recording requirements.) Again, learn the filing requirements when you buy to avoid disputes.

You'll usually have to find an authorized service shop to honor a claim. Of course, most dealers of the major auto manufacturers will honor claims from the company's contracts. The number of service shops that will perform repairs for the independent companies ranges from about 3,000 for the largest companies to just a few for the small regional firms. The larger independent companies provide toll-free telephone numbers for locating nearby authorized service outlets. These local firms will assess your claim and get over-the-phone authorization to do the work, and then bill the company directly. If your breakdown occurs in an area where there are no authorized service outlets, most independent companies will cable you money to settle the claim or arrange for towing to an authorized service shop. Some may reimburse you after you've had the work done at the nearest garage. ■



Electrasol. Nothing cleans the Dry-Hards better. Nothing at any price.

PA
Use a
coat th

This isn't trick photography.
t's the before and after of a Dry-Hard problem solved by Electrasol.
t shows how Electrasol cleans those stubborn Dry-Hards: dried-on
ood soils that stick and stick.

First we let blueberry pie dry on a dessert dish overnight.
Then we washed it with Electrasol.

The result? A dish you can be proud of.

And Electrasol's unique formula of cleaning agents does more than clean the Dry-Hards off the dishes. It helps get glasses and flatware shiny clean, too. Nothing cleans the Dry-Hards better. Nothing at any price.



ECONOMICS LABORATORY INC. St Paul Minn 55102

LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROBLEMS
REPLACEMENT OR REFUND IF DEFECTIVE

Fast Fish Entrées

When you want to fix a hot meal in minutes, think of fish. It's available either fresh or frozen, as well as shaped and breaded in stick or portion sizes. Whichever type you choose, the fish will lend itself to a number of variations.



Photographs: Dieter

fiber!
Now in a delicious Hot Cereal!
New Instant Quaker Oatmeal with Bran & Raisins is the first hot cereal specially formulated with wheat bran—one of nature's richest sources of fiber. The fine-milled bran gives the creamy oatmeal a wonderful toasty taste and hearty texture. And the plump sweet raisins make it a truly delicious hot change from cold bran cereals.
INSTANT QUAKER OATMEAL
FORTIFIED WITH VITAMINS AND MINERALS
NEW Bran & raisins
Previously introduced in Northeastern U.S.

SWEET-AND-SOUR FISH STICKS

12 ounces frozen fish sticks
1 medium green pepper, finely chopped (¾ cup)
½ cup finely chopped carrot
1 clove garlic, minced
2 tablespoons cooking oil
1 cup water
½ cup sugar
⅓ cup red wine vinegar
1 teaspoon instant chicken bouillon granules
2 teaspoons soy sauce
2 tablespoons cornstarch
¼ cup cold water
Hot cooked rice

Bake frozen fish sticks according to package directions; cut into 1-inch pieces. Meanwhile, in a 1½-quart saucepan cook green pepper, carrot, and garlic in hot oil till tender but not brown. Add the 1 cup water, the sugar, vinegar, bouillon granules, and soy sauce. Bring to boiling; boil 1 minute.

Blend the cornstarch and ¼ cup cold water; stir into vegetable mixture. Cook and stir till thickened and bubbly. Stir in fish stick pieces. Serve with rice. Makes 4 servings.



SHERRY-SAUCED HALIBUT

If your broiler compartment does not allow enough distance from the heat, remove the rack from the pan and cook the fish directly on the greased broiler pan or a greased baking pan—

2 pounds fresh or frozen halibut or other fish steaks, ¾ inch thick
2 tablespoons butter or margarine, melted
1 teaspoon salt
¼ cup finely chopped onion
1 small clove garlic, minced
1 tablespoon butter or margarine
1 tablespoon all-purpose flour
¼ cup dairy sour cream
½ cup chicken broth

2½-ounce jar sliced mushrooms, drained
tablespoon dry sherry

Thaw fish, if frozen. Cut into 6 serving-size pieces. Arange fish in a single layer on greased, unheated rack in a roiler pan or in a greased baking pan. Brush the fish with tablespoon of the melted butter or margarine; sprinkle with the salt and dash *pepper*.

Broil fish 4 inches from heat for 5 to 8 minutes; turn with metal spatula. Brush fish with remaining 1 tablespoon melted butter. Broil 5 to 8 minutes longer or till fish flakes easily when tested with a fork.

Meanwhile, in saucepan cook onion and garlic in the 1 tablespoon butter about 5 minutes or till tender. Blend flour into sour cream; stir in chicken broth. Add to cooked vegetables in saucepan. Cook and stir till bubbly. Stir in mushrooms and sherry; heat through. Place fish on serving platter. Spoon sauce over. Makes 6 servings.



PARMESAN FRIED FISH

Use a blender to finely crush the saltine crackers so they'll coat the fish evenly—

1 pound fresh or frozen pan-dressed fish or fish fillets
¼ cup all-purpose flour
Dash garlic salt
1 beaten egg
¼ cup milk
½ cup finely crushed saltine crackers (14 crackers)
2 tablespoons grated parmesan cheese
2 tablespoons finely snipped parsley
½ cup cooking oil or shortening for frying
Lemon slices (optional)
Parsley (optional)

Thaw fish, if frozen. Rinse and pat dry with paper toweling. Combine flour and garlic salt; set aside. Blend egg and milk; set aside. Combine cracker crumbs, parmesan, and parsley. Coat fish with flour mixture. Dip in egg mixture then coat with crumb mixture.

In large skillet add fish in a single layer to hot oil. Fry over medium heat for 4 to 5 minutes per side or till fish browns and flakes easily when tested with a fork. Drain on paper toweling and serve. Garnish with lemon slices and parsley, if desired. Serves 3 or 4. ■

Buying information, page 154



Enjoy smoking longer without smoking more.

Rich, full-flavored Saratoga 120's give you extra smoking time and extra smoking pleasure. And they cost no more than 100's.



Saratoga 120's

© Philip Morris Inc. 1978

Regular: 15 mg "tar," 1.0 mg nicotine—Menthol: 16 mg "tar," 1.0 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



ENERGY-SAVING PROJECTS YOU CAN BUILD

BY DAVID HAUPERT

"Ceilings—R33; walls—R19; floors—R22." Give or take a few points, these are the recommended R values (resistance to heat loss) that have been hammered at you for several years now. But can you rattle off the R value for a single-glazed window? Would you believe a miserable 0.88? And adding a second layer of glass to that window only nudges its R value up to a paltry 1.72; triple glazing: 2.56.

Needless to say, if your house has a lot of glass, you're losing a lot of heat. And that's bad news—for you and your pocketbook. That's why we designed four projects to cut much of your heat loss through glass surfaces. Pick the ideas that will do the most for your home, then adapt them to your needs.



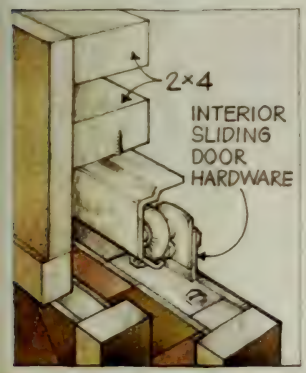
SLIDING WALL PANELS

Insulating panels can take on a variety of forms—from unadorned pieces of rigid foam cut to fit each window, to this whole-wall project that decorates as well as insulates.

Each panel is one-inch rigid foam framed by one-inch wood edge strips and covered with skins of ¼-inch hardboard. On the ends of the panels are 1⅛x2-inch trim pieces that overlap (see sketch) so their weatherstripped edges seal tightly when the two middle panels are closed. (Good seals are extremely important because they not only stop the heat-robbing flow of air across the glass, but also minimize condensation between the windows and panels.)

Use a 1x12 for the valance, nail the two fixed panels between the valance and floor, and hang the sliding panels on closet-door hardware.

Finish off the project with cedar strips or simply paint the panels or cover them with a colorful fabric.





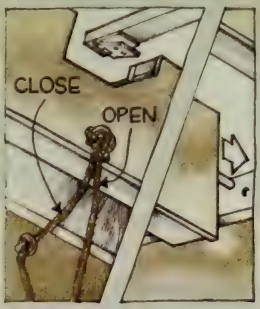
CEILING LOUVERS

Bright, dramatic expanses of ceiling glass can do wonders for a dull house, but even double-glazed installations don't begin to approach the thermal protection of an insulated ceiling. If you want to attack that problem from the inside, consider adding a roll-up shade or sets of louvers like the ones pictured here. They're much like giant window shutters, four feet across and connected by a center bar hinged to each louver.

The louvers are one-inch-thick pieces of rigid foam framed with 1x¾-inch wood and covered with ¼-inch hardboard.

Connect the louvers and 1x2 pivot pieces with ½-inch dowels, square up the unit, and attach the connector bar on top. Then lift the unit into position and nail the 1x2s to the skylight frame. (If no frame exists, build one out of 1x8s.) Thread the pull cords and weather strip the louvers.

Buying information, page 154



Photographs: Mike Dieter
Project design: The Design Concern
Interior designers: Cheryl Scott and Linda Smith
Drawings: Blazer/Kimball



INSULATING SHADE

Like most window surfaces, sliding glass doors can be insulated several ways. We chose to do the job with an insulating shade that can be opened when the sun shines and closed all other times to help block heat loss.

Although effective, the shade is unsightly when rolled up into a fat blob. So we camouflaged it with a surround unit —just one of any number of designs you might want to adapt to your decor. A simple valance box would be enough to hide the shade and rollers, but this angled wall-to-wall treatment gives the room a whole new look.

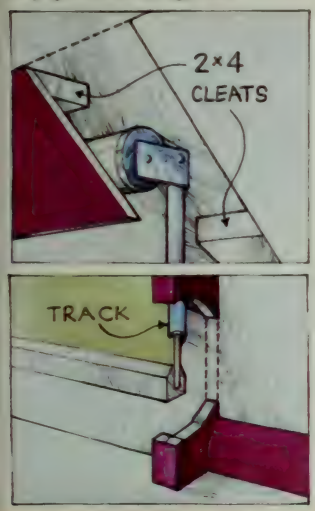


The shade pictured comes anchored to its own mounting board. You simply screw the board to the wall above the glass doors. Small self-adhesive tracks stuck onto the trim flanking the doors make tight seals along the sides. Weather stripping on the bottom of the shade seals against the floor.

Mount the shade, then nail the plywood wing walls in place and add 1½-inch-wide trim pieces to the front edges of the plywood. Nail and glue cleats to the ceiling and inside surfaces of the wings, then screw the 45-degree valance board to the cleats.

Fill out the walls on both sides of the unit by screwing cleats to the ceiling and wall, then nailing up more plywood at a 45-degree angle.

Buying information, page 154





SLIDING CEILING PANEL

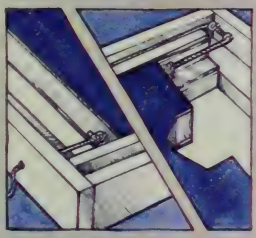
Insulating panels that slide, fold, or pivot can be used even on large areas of ceiling glass like the one on page 33. But sometimes you run into problems finding a spot to store the panels when they're not covering the glass. That's not the case with small skylights, however, as you can see from this project.

As you look up at the unit, the right half is skylight and the left half is just a fixed panel that matches its movable counterpart. The sliding panel, like others in our collection, is one-inch rigid foam framed by 1x1s and covered with hardboard.

Build the frame first. Each side section should be 1x2s separated by a ½x¾-inch nailer strip. The ½-inch space left between the 1x2s will house the rope you'll thread through one side of the unit later so you'll be able to pull the panel closed. Each end of the frame is a 1x2 connected to a 1x1 nailer. Mount all four sections to the ceiling by screwing through the nailers into the structural framing.

Cover the two panels with fabric, and glue felt weather stripping to the sliding panel; nail the fixed panel to the ceiling. Install screw eyes, thread the rope, and fasten ⅛x1x1 aluminum angle to the side trim pieces (1x2s). Then install the sliding panel and trim.





DECORATING:

More Splash Than Cash

BY ROBERT E. DITTMER AND LINDA STRANGMANN

Pinched for pennies? Pressed for time? Even so, you can ring in some spirit-lifting changes at your house. You'll find the inspiration right here in our grab bag of fast, affordable decorating ideas.

BRIGHTEN THE SCENE WITH STORE-BOUGHTS

Do-it-yourself decorating takes hardly any doing at all if you capitalize on ready-to-use furnishings, like the chrome-finished wire modules *at right.* Here we topped the quick-assembly stackables with a hollow-core door to create a handsome home office.

If your place needs punch in a hurry, carry home instant "art" like our palm tree fabric panel, *below.* These big-impact designs are available in an assortment of patterns and colors. Just staple the panel to a wall and "frame" the sides with colorful pressure-sensitive tape.

Buying information, page 154







Photographs, above, Harry Hartman; left, Mike Dieter. Design: Suzy Taylor ASID



Photograph: Bob Hawks. Design: Gardiner Rapelye, Jr. Source: Jean Kygar Eblen

More Splash Than Cash

PLAY QUICK TRICKS WITH FABRIC

With a little imagination and less cash, you can "fabricate" a whole houseful of decorative effects. And this kind of scene-changing can be accomplished with minimum time and effort.

Here's proof that a window treatment can make more than a shade of difference when it comes to room decor. These "custom" cover-ups are simply fabric panels hung from wooden dowels instead of curtain rods. Stitch top and bottom rod pockets to each panel and hem the sides. Three-inch-long pegs support the rods at the top and hold the bottom dowel in place when the shades are raised.



This children's corner took its decorative cue from a colorful kite, permanently grounded to dress a window. The serpentine flyer is draped over a painted wooden pole and held taut at the bottom by a spring curtain rod. The sturdy industrial shelving, once relegated to basements and storerooms, provides practically indestructible storage in an active youngster's room. Shelving of this type is available through catalog/department stores and can be spray painted with durable enamel. Rainbow-colored plastic milk cartons and storage bins help keep kids' quarters neat.



To add decorative impact to a small dining room, try pulling a window shade down the wall. Here, a built-on serving shelf is wrapped with handsome bamboo window shades to create a striking focal point. The server is simply a plywood shelf mounted on the wall. Since these shades are a standard six feet in length, you'll need two for the wall treatment. Remove the rigging from each shade, then staple the top of the first shade at the ceiling line, working down the sides. Butt the two shades together at the back of the shelf to conceal the seam. Continue stapling down the wall. ■

Buying information, page 154

Photographs: Mike Dieter

GOOD NEWS

Down detergent



One tablespoon of this concentrated detergent dissolved in your washing machine will clean and freshen your down coats, vests, sleeping bags, and feather pillows. And the detergent rinses away, so the down doesn't clump or mat when you machine dry and fluff the items.

Nu-Down, about $3 (1 oz.). Royal Down Products, Inc., Dept. BG-27, 101 N. Front St., Belding, Mich. 48809.

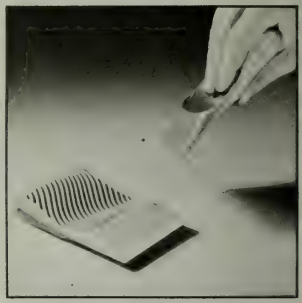
Energy watchdog



With this device, you'll know at a glance when your furnace is wasting energy because of a clogged filter. Installed to the blower compartment, the indicator measures the volume of air passing through the filter and drops a red flag when it is time to clean or replace the filter.

Clogged Furnace Filter Indicator, about $10. Honeywell, Honeywell Plaza, Minneapolis, Minn. 55422.

Windshield cleaner



This sleek ice scraper makes short work of ice on your windshield. You needn't bend (and possibly strain) your wrist to remove heavy ice; the heel of your hand absorbs all the shock impacts. And if you drop the scraper in the snow, its bright color (four colors are offered) is easy to spot.

W22 Master Ice Savage, about 69 cents. Mastermotive Inc., 5440 West 125th St., Savage, Minn. 55378.

Multipurpose pump/sprayer



This hand-crank pump can be a real workhorse around your home and garage. The pump can transfer gasoline from your car to your lawn mower, pump water out of a boat, pump oil and sludge from your car's engine directly from the crankcase, and spray insecticide (with the spray nozzle in place of the clear outlet hose). The tool can pump up to two gallons of liquid a minute, and it will even siphon. The metal weight on the black inlet hose holds the hose in the water and filters the liquid passing through it (a separate inlet hose is provided for oil changes).

Jack Rabbit Pump Sprayer, about $10. The Black and Decker Mfg. Co., 701 E. Joppa Rd., Towson, Maryland 21204.

continued

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

True. Unexpected taste

at only

5

MG TAR



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular and Menthol: 5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report May 1978.

GOOD NEWS

Electronic blender



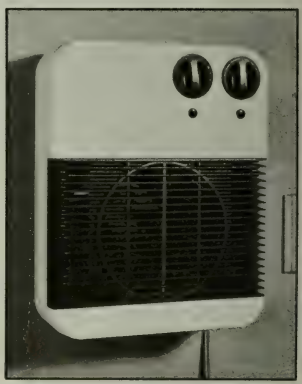
Microprocessor controls make this perhaps the world's most versatile blender. Simply by touching squares on the wipe-clean control panel, you can choose one of 16 speeds, set a timer for up to 60 seconds of blending, and convert metric recipe measurements to English or vice versa.

2001 Electronic Blender, about $50. Hamilton Beach, Scoville Square, Waterbury, Conn. 06720.

Is your bathroom too chilly for comfort on winter mornings? This 1,500-watt fan heater can be preset up to 14 hours in advance to warm your bathroom just before you rise. Other features include an indicator lamp, a thermostat, and a safety device to prevent overheating.

H-101 Bathroom Heater, about $90. Braun North America, 55 Cambridge Parkway, Cambridge, Mass. 02142.

Bathroom heater



© 1979 Ralston Purina Company



It takes a puppy a full year to outgrow Purina® Puppy Chow® puppy food.

That [illegible] one-month-old puppy will do a [illegible] before he becomes a [illegible] Sheepdog.

And he [illegible] a lot of nutrition to do it. Twice [illegible] pound for pound—as when he's [illegible].

That's why a [illegible] puppy needs the kind of extra nu[illegible] he gets in Purina® Puppy Chow® puppy food.



So make your puppy's first year one to grow on, with regular trips to the vet, and Purina Puppy Chow every day.

For a full year till he's full grown.

Save $80 on this laundry pair.

And get the JCPenney edge. Reliability.

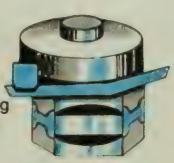


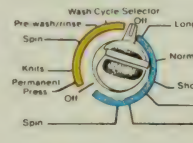
Heavy-duty transmission is the same as those used in some commercial machines where heavy loads and constant use are normal.



The constant speed dual-purpose pump with turbine action minimizes clogging and drains the water fast. All parts are non-corrosive for years of trouble free use.

Clutch system works in combination with the constant-speed motor to provide two agitation and spin speeds without slowing filtering action or reducing pump out rate.

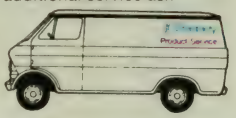




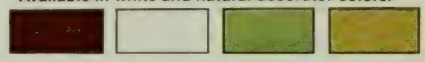
The timer is designed for years of dependable use. If something should go wrong it's repairable right in your home.

The JCPenney Mark of Quality is more than just a symbol. It means the critical components of this laundry pair have been factory tested by electronic equipment, to meet rigid JCPenney standards.

Full One Year Warranty. One year home service is provided to correct any defects in material or workmanship. For additional service ask about our Assured Performance Plan for unlimited service at a small yearly charge.



Available in white and natural decorator colors.



Two speed washer
with water level selection. #1840
Sale 269.95. Reg. 319.95

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Matching gas dryer, #5740. Reg. 279.95. **Sale 249.95**

At JCPenney stores with major appliance departments.
Sale prices effective December 22 through January 20.
Sorry, not available outside normal delivery or service area.
Use our convenient Time Payment Plan.
Prices slightly higher in Alaska, Hawaii, Puerto Rico.



This is JCPenney

HEALTH UPDATE

The ABCs of CPR

Did you take a CPR (cardiopulmonary resuscitation) course months or years ago? Are you sure you could remember all the vital information and act correctly if you chanced upon a cardiac emergency today? If you suspect your CPR skills are rusty, shine them up with an animated wallet-size card that recaps the essentials.

When *The ABCs of CPR* card is tilted, images move, demonstrating the three basic CPR steps: open Airway, begin artificial Breathing, and begin artificial Circulation. Detailed instructions on the back of the card remind the rescuer how often to breathe into the victim's mouth and how fast to push on his or her chest.

The card is *not a substitute* for a CPR course; its only purpose is to remind you of CPR how-to.

To get a card, send 35 cents and a stamped, self-addressed envelope to: Community Relations, Department 8630, Mount Zion Hospital and Medical Center, P.O. Box 7921, San Francisco, California 94120.

Pap tests—how often?

Should a woman have a pap test for cervical cancer once a year, twice a year, or every two or three years? The right answer has to be determined by the woman and her physician.

One expert opinion is found in a statement to the *Journal of the American Medical Association,* by Dr. Emerson Day, associate director of the Northwestern University Cancer Center. He says that for many women with normal results on two or more Pap tests in a row, tests two or three years apart would suffice.

The American Cancer Society recently changed its recommendation from "annual" to "periodic." However, both Dr. Day and the ACS emphasize that a Pap smear may be necessary every six months for some women (including those who began sexual activity in early teen years and have had many sexual partners). This group is considered to be at higher than ordinary risk of cervical cancer. The American College of Obstetricians and Gynecologists still maintains that, in light of present knowledge, an annual Pap test should be part of a thorough examination for most women.

Since the Pap test was introduced in the 1940s, there has been a marked decrease in both the number of women who develop cervical cancer and the number of deaths from this disease.

Longer shelf life for blood

A new blood preservative (known as *anticoagulant citrate phosphate dextrose adenine)* extends the length of time blood can be stored prior to use in transfusions.

Whole blood and red blood cells now can be kept for as long as 35 days, instead of the present 21 days.

With the new preservative, less blood will go out of date before it's needed, and more blood will be available at times when fewer donations are made.

The new preservative may also help reduce costly and time-consuming inter-hospital transfer of blood.

Down with uptightness!

You can't relax if you work at relaxing, but that's just what many Americans try to do.

Relaxation, according to the National Institute of Mental Health (NIMH), is more than the absence of stress; it's a positive and satisfying experience that also provides peace of mind. It only follows that we need time to relax.

Yet most people reared in our production-oriented society feel guilty or ill at ease if they're not actively involved in accomplishing tasks or producing things. Even vacations turn out to be whirlwind productions.

The NIMH recommends trying something new and different. Choose activities you really enjoy, not those you think other people want you to pursue. Find some time for yourself every day.

Most of us accept the responsibility to meet deadlines and duties imposed on us by others. But it is just as important to accept the demands for relaxation periods made by our own minds and bodies.

Winter hazard: Frostbite

A child's lost mittens when the temperature is near or below freezing can have consequences far more serious than those suffered by the three little kittens in the children's nursery rhyme. Even 15 minutes without protection can cause injury, particularly if the skin is wet or the weather is windy.

"A two-year-old who has a severe case of frostbite may end up, as an adult, with hands the size of a five-year-old's," according to Dr. John Dowdle, Jr., of the University of Minnesota. Moreover, the frostbite victim is more likely to develop arthritis of the fingers at an early age, even as soon as ten years after exposure.

Children overlook discomfort from the cold when they're engrossed in play because cold acts as an anesthetic. Practical preventive measures include putting children's mittens on a string that's run through coat sleeves and frequently checking on children while they're outdoors in cold weather.

Travel tips for persons with diabetes

If you have diabetes and travel, you need to be even more prepared than the ordinary traveler for the unexpected. The American Diabetes Association's magazine *Diabetes Forecast* offers these helpful suggestions:

- Even if you normally use long-acting insulin, take some regular insulin with you, just for emergencies.
- Take along familiar urine-testing equipment.
- If you'll need to purchase insulin out of this country, learn in advance which strengths are available in the places you'll be visiting and how to switch from one strength to another.
- If you use oral drugs, take enough for the entire trip.

continued



The sooner the better.

Baby's first tooth. Precious, but ulnerable.

As soon as it emerges from the gums, 's exposed to mouth acids. Ripe for decay. And decay, if left unchecked in baby eeth, can eventually create problems for ermanent ones.

If it sounds a bit scary, it doesn't have o be. All it takes is care. And that ncludes Crest.

Crest is well suited for protecting those baby teeth. Because Crest's fluoride strengthens the teeth—making them much more resistant to the mouth acids that weaken them.

Crest has been proven effective against cavities in test after test for more than 25 years.

Naturally, a teething baby or even a small child cannot be expected to brush his own teeth. But you can—and must.

Of course, diet is important, too. And sweets should be limited.

Finally, there's the family dentist. The one person who can truly tell if your child's teeth are healthy and growing properly.

And, hopefully, if you've been conscientious—and used Crest—those routine checkups will always be routine.

No, it's never too early for good dental health. But it's never too late, either.



We're working to make cavities a thing of the past.

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care."

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continued

Health update

- If you use syringes, take a note from your doctor to help you clear them through customs and obtain additional syringes from foreign pharmacies.
- Get all required vaccinations weeks before you leave so immunization reactions don't disturb diabetic balance during the trip.
- Wear visible emergency identification such as a necklace or bracelet; carry personal medical information in the language of each country you're visiting.
- Ask the airlines in advance if diabetic meals can be ordered. Find out when meals will be served so you can adjust your medication accordingly.
- When traveling by car, be sure you take enough carbohydrates along; you might be delayed.

Worthwhile health booklets

- Children aged five to 18 who have physical handicaps can play more than 50 active games described and illustrated in *Let's Play Games!* The booklet is available from the National Easter Seal Society, 2023 W. Ogden Avenue, Chicago, Illinois 60612. The cost is $1.25 plus 75 cents for postage and handling.
- Basic information on different kinds of cancers, including signs and symptoms, risk factors, and latest advances in detection, diagnosis, and treatment, are contained in 19 new "Facts on . . ." booklets available free from your local American Cancer Society office. The booklets cover lung, breast, brain, bone, childhood, uterine, prostate, colorectal, testicular, skin, bladder, stomach and esophageal, laryngeal, oral, and thyroid cancers; also leukemia, Hodgkins disease, lymphomas and multiple myelomas, and cancer treatment.
- Ingenious devices are available to assist the handicapped person with everyday living, but locating them can be difficult. Here's a catalog that can help. Among the items listed are a doorknob for persons with limited finger dexterity; a buttoning tool; and large-handled eating utensils. To get a free copy of the catalog, write: Comfort-Able-Aids, Box 275, Somerset Street, Raritan, New Jersey 08869.
- *Good teeth for you and your baby* is of special interest to expectant mothers and parents of young children. The booklet (published both in English and Spanish) is available free from the National Institute of Dental Research, Building 31, Room 2C-34, Bethesda, Maryland 20014.

Caution: look-alike drugs

Many of us describe our prescription medicine by color—"those little blue (or white or green or yellow) pills."

But at least one physician has reported serious and even fatal mistakes that occurred because two sets of "little white pills" looked alike.

Resorting to color identification is understandable since the names of many drugs are hard to remember, hard to read, and harder still to teach other family members who may be assisting in your care. Therefore, remind your doctor of all medications you're taking, and if you have two that look alike, request that (if possible) different-looking drugs be prescribed.

At home, don't combine medications in a single container, and as a further aid to identification, label containers with different-colored tapes.

Facts on asbestos exposure

Eleven million Americans exposed to asbestos dust on the job (and members of their households) have an increased risk of developing *asbestosis,* a chronic lung ailment, as well as certain types of cancer.

Asbestos is used in more than 3,000 different products in the United States. Workers in asbestos mining and processing companies, shipyards, building and construction trades, and automotive brake lining repair firms are among those who may have inhaled or swallowed contaminated dust. The National Cancer Institute (NCI) says do-it-yourselfers may also be at risk.

Signs of disease may not show up for 30 or more years. That means some 4.5 million persons exposed to asbestos in shipyards during the peak shipbuilding years of World War II may "now be facing immediate, serious health threats," according to Joseph A. Califano, Jr., Secretary of Health, Education, and Welfare. Once asbestos par-

continued



Snug Sack™...winter never felt so warm

A Snug Sack can make the coldest room in your home seem toasty warm. It's warmer than a blanket or a robe because it is soft, billowy, and stuffed with puffy polyester insulation. Snug Sack envelopes your entire body but leaves your hands free for you to read, snack, or do a crossword puzzle. By letting you keep your thermostat down, it's a real energy saver, too. Look for Snug Sack at better stores everywhere.

Snug Sack™

The original Snug Sack™ body garment ... another great idea from Heritage Quilts

Now you can have the range you want and microwave, too.

A luxurious double-oven range, the ultimate cooking center.

Or the contemporary built-in wall oven.

Or a smartly styled 30-inch single-oven range.



All three give you the practicality of a conventional range. And the speed and convenience of microwave cooking, too.

So you can save time on complete family meals, snacks, leftovers and desserts.

Whenever you defrost, warm, simmer, bake, broil, braise, roast or reheat your favorite foods.

Isn't it time you got the range you want. There's a full line of Litton microwave ranges waiting for you at your dealer right now.

For name and address of your nearest dealer call **800-328-7777** toll free (except from Hawaii and Alaska). In Minnesota call **612-553-2354**.

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1405 Xenium Lane No., Minneapolis, MN 55440

Three great ways to have your Litton range and microwave, too.



Model 980



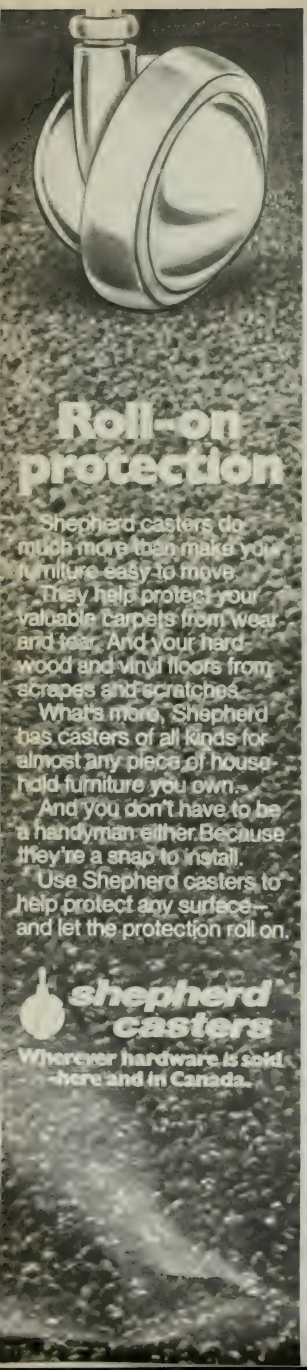
Model 880



Model 621

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Litton... changing the way America Cooks®.



continued

Health update

ticles work their way into the body they generally remain indefinitely.

Risks increase according to the amount and duration of exposure. However, asbestos-related illness has occurred in persons exposed for as little as a month or two, and those who have not worked directly with asbestos but whose jobs were near contaminated areas. And asbestos-related illness has occurred among family members of workers, probably as a result of asbestos dust carried home on shoes and clothing. Asbestos workers who also smoke cigarettes are 30 to 90 times more likely than nonexposed nonsmokers to develop lung cancer.

If you have been exposed to asbestos dust—or think you may have been—see your doctor. Be particularly alert to such symptoms as shortness of breath, a cough or change in cough patterns, blood in the fluid coughed up from your lungs, pain in the chest or abdomen, difficulty in swallowing or prolonged hoarseness, and/or rapid weight loss. Early detection improves the chance of successful treatment.

What about the asbestos in home improvement products? The asbestos bonded in finished products is not a risk to health as long as the product is not damaged or disturbed in such a way that fibers are released into the air. Drywall patching compounds containing asbestos have been banned because of the dust problem; discard any partially used containers. As a further precaution, wear a safety mask over your nose and mouth, and a long-sleeved shirt and long pants when you are installing wallboard or other insulating materials containing asbestos.

For additional information, including a booklet with detailed answers to frequently asked questions, write: Asbestos, National Cancer Institute, Bethesda, Maryland 20014.

Smoking! How to quit

"There's no magic way for everybody to quit smoking. But there are a great many effective ways. If at first you don't succeed, quit and quit again."

That advice comes from *Clearing the Air,* a new guide to quitting smoking available from the National Cancer Institute, Bethesda, Maryland 20014.

Among the booklet's suggestions:

- Switch to a brand you find distasteful.
- Discontinue buying your cigarettes by the carton.
- Smoke only under circumstances that are not especially pleasurable to you. For instance, if you like to smoke with others, smoke alone.
- Change your eating habits to help you cut down. For example, switch from coffee to milk which is usually considered incompatible with smoking.
- Don't empty your ashtrays.

Low marks for high heels

Stiletto heels on women's shoes may be high fashion, but they get low marks from the nation's foot specialists.

Reports from the annual meeting of the American Podiatry Association indicate such shoes generally are fitted a little shorter and more narrowly than usual to help keep the shoes on the wearer's feet. Not only are ill-fitting shoes with extremely high heels uncomfortable, but they make it difficult for the wearer to keep her balance and can lead to hammertoes, bunions and various toenail problems.

The podiatrists' advice? Wear the shoe ONLY if it fits. ■

—Lynne Lamberg

Helps Shrink Swelling Of Hemorrhoidal Tissues Due To Inflammation. Relieves Pain And Itch...

Gives prompt temporary relief in many cases from hemorrhoidal pain and burning itch in such tissues.

There's an exclusive medication which actually helps shrink painful swelling of hemorrhoidal tissues caused by inflammation. And in many cases it gives prompt relief for hours from rectal itching and pain in such tissues.

Tests by doctors on patients showed, while it gently relieved such pain, it also helped reduce swelling of these tissues.

The medication used in the tests was *Preparation H®.* No prescription needed for Preparation H. Ointment and suppositories. Use only as directed.

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DISNEY'S "Winnie the Pooh and Tigger too"

yours to keep FREE

for your 4 to 8 year old just for looking at!

3 other Disney books (a $14.00 retail value!)

$1.95 plus delivery

Good Housekeeping PREMIUM



Give a child books that are colorful, easy-to-read and filled with the fun of his favorite Disney pals, and he's likely to take to reading like a duck takes to water. With that in mind Walt Disney Productions together with Random House, leading publisher of fine books for children, created the all-new program: DISNEY'S WONDERFUL WORLD OF READING. It quickly became America's favorite book club for children 4 to 8, and every month provides delightful reading experiences for hundreds of thousands of youngsters.

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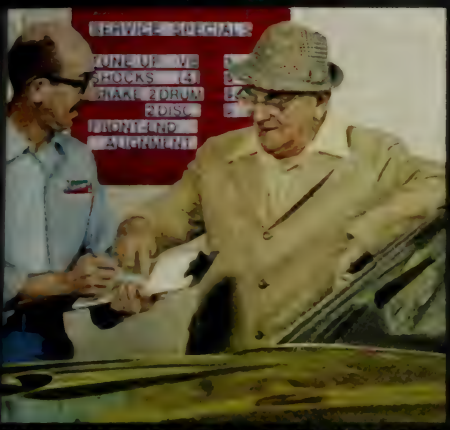


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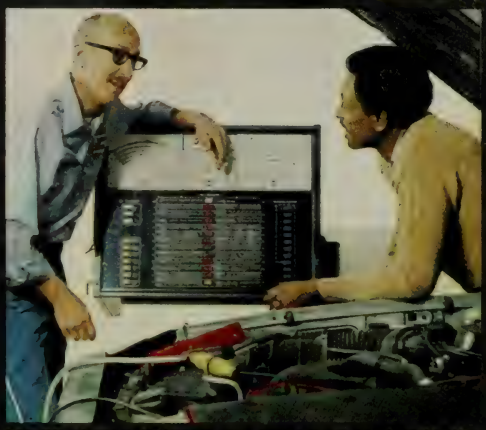
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TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

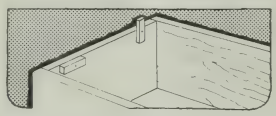
PROBLEM

Some of the drawers in your house pull completely out of their housings when opened; they pose a particular hazard for toddlers.

SOLUTION

Attach two pieces of scrap wood to the back of each drawer, as shown, using small bolts and nuts. Twist the scraps to the horizontal position to install and remove the drawer; turn them vertically to act as drawer stops. For narrow drawers, only one stop is necessary.

E.O., Buxton, N.D.



PROBLEM

While you're trying to sand a small wood project, it scoots all over the workbench, but the project is too delicate to put in a vise.

SOLUTION

Give the piece of wood the "tack" it needs by laying it on a chunk of foam rubber or rubber carpet padding.

J.P., Peoria, Ill.

PROBLEM

You bought a fine new hammer, but it seems to bend the nails more than your old hammer did.

SOLUTION

The striking face is too highly polished. Roughen it up a bit by pounding it on a piece of medium-grit garnet paper—rough side up.

R.O., Pasadena, Calif.

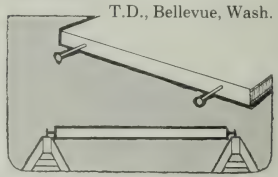
PROBLEM

You need to paint several doors but don't have the time to wait until one side dries before you turn over the door and paint the other side.

SOLUTION

Drive two 16d common nails about ¾ inch into the top end, two more into the bottom end, as shown. Rest the door—on the nails—across two sawhorses; paint one side and the two edges, then have someone help you flip the door over so you can paint the other side. Ask that same someone to help you lift the door by the nails and stand it at an angle against a wall; then move on to the next door.

T.D., Bellevue, Wash.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

PROBLEM

You're convinced now that you want to apply stucco or a rough sand texture to the walls in one of your rooms. Still you hesitate because you know that stucco would be nearly impossible to remove, should your taste change later.

SOLUTION

Cover the walls first with an inexpensive removable canvas, then apply the stucco. If you should ever want to redecorate, simply pull down the canvas.

D.M., W. Hartford, Conn.

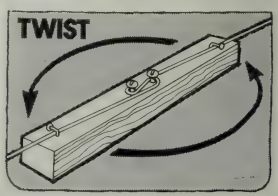
PROBLEM

You need a quick, makeshift way to temporarily tighten guy wires that have been loosened in a storm.

SOLUTION

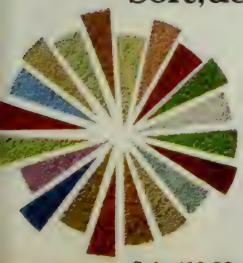
Drive two round-head screws into the center of one side of a 2x2—about ¾ inch apart and protruding an inch; follow up by driving two 8d common nails into the same side, one near each end. Bend the nails nearly flat against the 2x2, as shown. Then place the loose wire between the two screws and twist the 2x2 until the wire is taut. Slip the wire under each of the nails to hold the 2x2 in place until you can make a permanent repair.

K.R., Stockton, Calif.





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Focal-point fireplaces

fireplace is often the dominant architectural fea- in a room, so why not make your fireplace the deco- ve focal point, too? One surefire way to do it is to the fireplace wall as a background for accessories.



A dramatic collection of baskets, hung over and around fireplace, makes this small stretch of wall space the hub a comfortable conversation group. The basket shapes eat the curve of the fireplace hearth. Individual pieces ng in a casual, free-form arrangement that blends with contemporary furnishings.



You can give a plain fireplace wall colonial charm just by lding some stock molding trim and a few carefully chosen cessories. In the living room above, molding that comple- ents the mantelpiece frames a piece of mirror glass in the nter. The side panels, outlined in color, serve as frames for pair of antique vases. ■

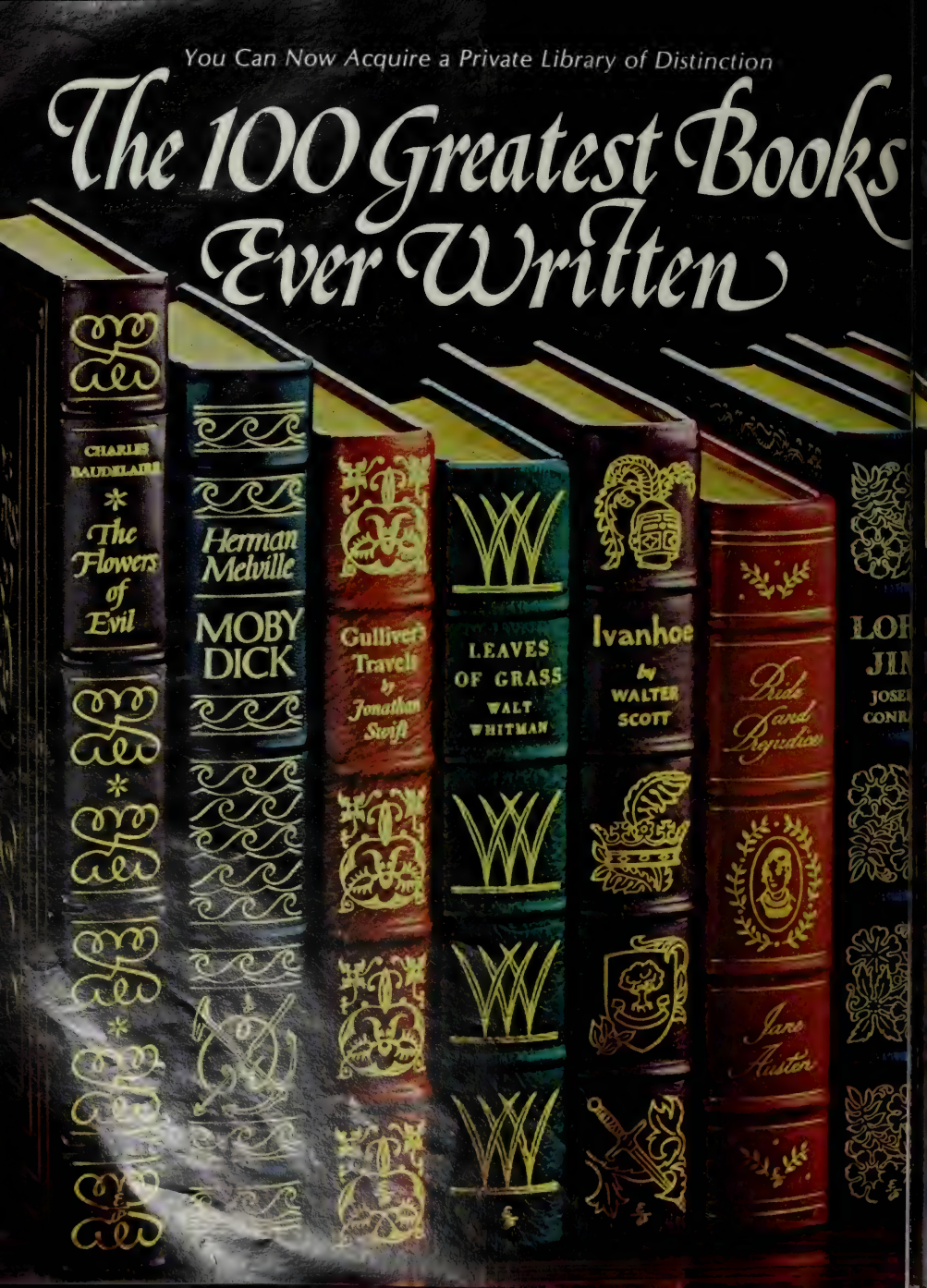
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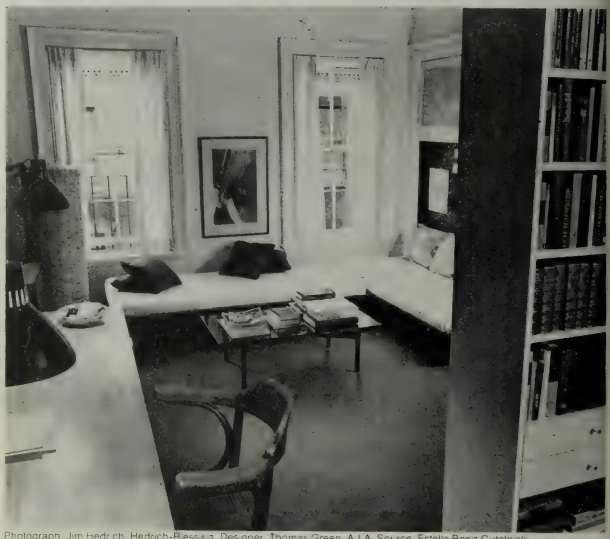
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Small Space Strategy

In a small room, every major piece of furniture must earn its floor space by functioning to the fullest. Dual-purpose or multipurpose furniture is ideal for making the most of cramped quarters. Here are some hardworking examples.

Right: These bookcase units do more than just provide valuable book storage and drawer space; they also hide and divide. The freestanding bookcases effectively divide one room into separate areas for sleeping and lounging. The bookcases are placed at right angles to the wall, so that the bed (not shown) is out of view from the "living" side. The back of the divider is covered with fabric (or it could be used to display art work).

Guest sleeping accommodations are streamlined to consume minimum space. For sleeping and seating, there are two slim couches—mattresses set on platforms and backed with toss pillows. Bases are painted black to make them virtually disappear.



Photograph: Jim Hedrich, Hedrich-Blessing. Designer: Thomas Green, A.I.A. Source: Estelle Bond Gutalnick



Photographs/Source: [illegible] Lawrence Finch



Above: Stereo equipment, records, television, and books are easily accessible on these handsome, heavy-duty pine shelves built into the often-wasted space under a pass-through. Shelves are supported by adjustable brackets on metal uprights.

Left: In this combination bedroom-sitting room a pair of twin beds also works as an L-shaped modular seating group. The beds, mounted on casters for easy moving, are covered in stain-resistant, rough-textured fabric and topped with puffy pillows. ■

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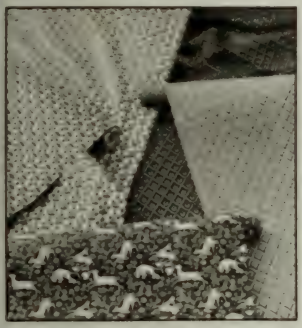
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GOOD NEWS PLUS

Nostalgia by the yard



Welsh designer Laura Ashley's popular fabric and wall covering designs have come to symbolize a return to romance in decorating. These tiny floral and geometric patterns, all in soft, subtle colors, have a beguiling, turn-of-the-century charm. Their simplicity, however, is deceptive because Ashley designs have the true stamp of sophistication: They'll mix beautifully with any decorating theme from eighteenth-century English to sleek contemporary. A package of over 150 fabric and wallpaper samples (most fabric cuttings are 4½ by three inches—just right for quilting) is available for $4 from Laura Ashley, 714 Madison Avenue, N.Y., N.Y. 10021. "Country Cotton," 48 inches wide, is $5.50 a yard, and the heavier weight "Sateen Cotton," also 48 inches wide, is $11 a yard; wallpaper (11 yards by 21 inches wide) is $10.95 per roll. Fifteen entirely different Ashley patterns printed on washable vinyl for wall coverings with 54-inch-wide coordinating cotton fabrics (see illustration) are available at better wall covering stores or through a decorator from Raintree Designs, 979 Third Avenue, N.Y., N.Y. 10022. The vinyl wall coverings are $14.95 per roll and the fabric is $14.95 a yard.

Decorating idea books

Just when you thought you'd never want another oversize decorating book, along come two absolutely irresistible big ones: Terence Conran's *The Bed and Bath Book*, and *High-Tech* by Joan Kron and Suzanne Slesin. Those of you who are familiar with Conran's *The House Book* and *The Kitchen Book* will know what to expect in this new volume: lots and lots of illustrations (over 1,000), plenty of down-to-earth how-to information, and more ideas on the title subject than you can easily absorb. The book costs $30 and is published by Crown Publishers, Inc., One Park Avenue, N.Y., N.Y. 10016.

High-Tech is a very special decorating book and frankly won't appeal to everyone. Architects and designers coined the term "high-tech" to describe the look that results when commercial and industrial materials and furnishings are used in homes rather than in factories, offices, and stores. Restaurant steel shelving and stoves, enamel factory lampshades, mover's quilts, theatrical can lights, and secretarial chairs are all examples of industrial equipment that is now often used in the home. Although the look isn't suitable for every setting, individual industrial products often can provide practical and attractive answers to decorating problems. Illustrated with over 700 photographs in color and black and white, *High-Tech* is the definitive design guide on the use of commercial products and equipment in the home. In addition, it is a source book for locating these products. The authors describe and price the materials illustrated and even list names and addresses of manufacturers and distributors of the items. The book costs $27.50 and is published by Clarkson N. Potter, Inc., One Park Avenue, N.Y., N.Y. 10016.

Photo art



You can create smashing decorating effects with oversize photos, and if you're really good with a camera, you can use your own handiwork. An enlargement of a color transparency or negative (35 mm or over) can run from $8 to $12 a square foot in color, and about $3 for black and white. A mural usually is most effective applied directly to the wall or dry-mounted on fiberboard. For advice on how to handle your photo, contact a professional photographer or a photo lab near you. Or write Delores Higgins, Association of Professional Color Labs, 603 Lansing Avenue, Jackson, Mich. 49202 for a list of labs.

For something more elaborate, you might look into computer-painted murals produced by the 3M Company's Architectural Painting System (illustrated above). These "paintings" are available for application directly to the wall or in the form of tapestries ready for hanging. A transparency can be made from any photograph, art work, or drawing. The price will range from $11 to $25 a square foot. For more information, visit your local 3M dealer or write Barb Swanson, 3M Architectural Paintings, Bldg. 552, 3M Company, St. Paul, Minn. 55107.

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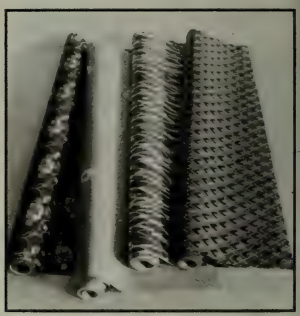
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GOOD NEWS PLUS

Affordable wall chic



Columbus Coated Fabrics, which makes fabric-backed vinyl wall coverings under the trade name Wall-Tex, is now offering a charming collection by Diane Von Furstenberg. The designer, famous for her "very easy little dresses for everybody," has succeeded in designing a group of very-easy-to-live-with wall coverings for everybody. Some of the prints, in fact, are the same ones used for her dresses, and the designs look just as good on the wall.

The collection has 25 patterns, mostly florals and soft geometrics, in 87 color choices; seven of the patterns have companion fabrics in 50/50 polyester/cotton treated with Scotchgard fabric protector. There's a wide range of colors, but nothing is shocking, and all the patterns are fairly small-scale—in short, a very versatile collection of wall coverings and fabrics. The price is $15.90 a single roll (but sold in double rolls only), and the fabrics are $10.50 a yard. The strippable, scrubbable wall coverings are 27 inches wide pretrimmed, and the fabrics are 50 inches wide with a print width of 48 inches. You can see the collection at any good wall covering store, but if you have trouble finding the designs, write Columbus Coated Fabrics, Borden, Inc., 1280 N. Grant Avenue, Columbus, Ohio 43126.

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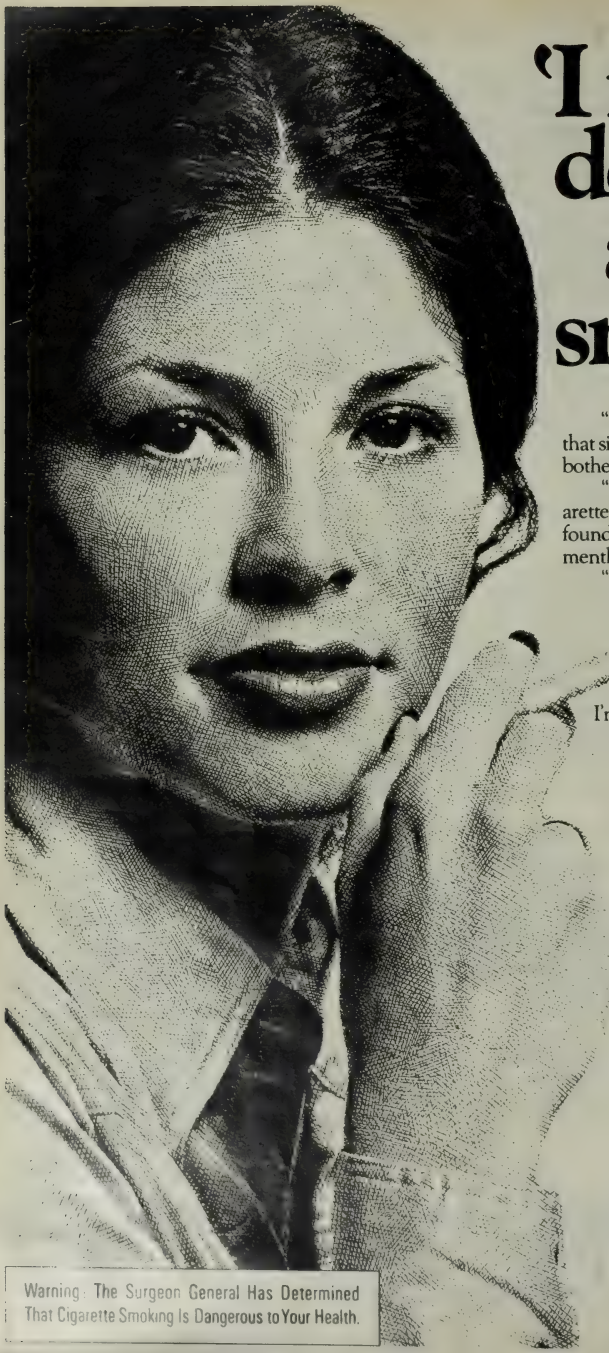
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'I made a decision about smoking.'

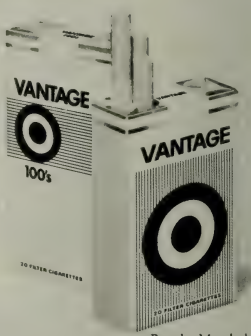
"I smoke for taste – that's my decision. It's that simple. But I couldn't avoid the tar story. It bothered me.

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KITCHENS

Food waste disposer buymanship

Whether it's called a food waste disposer or a garbage disposer, this under-the-sink appliance eliminates one of the least liked household chores. It grinds food wastes into tiny particles and washes them down the drain so you don't have to cope with soggy garbage bags.

Types

You have two basic types of food waste disposers to choose from—a batch feed unit and a continuous feed unit.

- The **batch feed disposer** grinds about 1½ to two quarts of food waste at a time. A built-in safety feature allows this disposer to operate only when the starter lid is in place to activate the motor. To add a second batch of food waste, you must remove the lid, which stops the motor. The drawback of this type of disposer is that the starter lid must be positioned just right to start the disposer, and getting the lid positioned correctly can be rather tricky.
- The **continuous feed disposer,** which is the more common type, turns on and off with an electrical switch and allows you to add food waste continuously until it's gone. A rubber splash guard partially covers the sink drain opening to help keep food waste and water from splattering out.

To assure the best operation of this disposer, you should turn it on and allow the grind wheel to build up to full speed before you add food waste. This procedure will reduce the risk of jamming and clogging.

Operation

Understanding how a food waste disposer operates can help you choose a durable, quality appliance.

A grinding wheel rotates at a high speed in the bottom of the grinding chamber of each unit. Impellers on the wheel guide food to the outside edge of the disposer against the shredder ring.

Examine the grind wheel and shredder ring to make sure the materials are sturdy and corrosion-resistant. Compare the size and number of cutting blades on the shredder rings of several brands. The higher quality units have the largest and most numerous blades. Also read product specification sheets, available from your dealer, to determine whether the shredder ring has been just stamped out of metal or has been ground to sharpness, which is a sign of higher quality.

Make sure all parts exposed to water won't corrode or rust. Stainless steel, brass, epoxy, and polyester are not affected by water. The neck (the portion just underneath the sink drain opening) of less expensive disposers may be made of a metal called "pot metal," which eventually will corrode.

You'll also want to check for an adequate anti-jamming device. Impellers that swivel to let fruit pits and other hard objects go by reduce the possibility of jamming. (If the hard object can't be ground, remove it with tongs after the disposer has been turned off.)

Another anti-jamming device is the automatic reversing system, which alternates the grind wheel direction each time the disposer is turned on. This system not only helps to eliminate jamming, but also lengthens the life of the cutting blades since both sides of the blades are used.

An overload protector shuts off the motor when the disposer is overloaded (too hot). If the disposer does jam, check your instruction booklet on what to do or call your dealer to find out the best way to unjam the appliance.

All garbage disposers are noisy. However, sound-deadening materials can make the disposer somewhat quieter to operate.

Price

Prices of food waste disposers range from $40 to $150, with batch feed models priced about $10 to $20 higher than comparable continuous feed models. Unless you're an experienced do-it-yourselfer, include the cost of installation in the purchase price. Installation costs usually range from $20 to $50, depending upon the model and whether it is a replacement installation. ■

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Picture the room this elegant ensemble of art prints is sure to transform with its rustic charm! Man has come and gone while Mother Nature (with the help of famed artist John Bradley) works her recuperative and marvelous magic! Prints are shown in traditional arrangement but they can be hung to suit individual decor needs. Large focal print measures a handsome 16"x20", accent prints come on 6"x15" paper. Hardwood frames shown are offered in a money-saving combination or separately below. Here are three exquisite art prints lithographed on qua stock—all at a price that makes your de rating (or *gift giving*) problems a joy to so Three "Country Lane" prints only $3 For promptest delivery possible order y set of these beautiful prints *now*!

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How to Rejuvenate Your Dejected Houseplants



Dust, water spots, and grime collect on smooth-leaved plants. This grime can clog the pores of leaves and prevent the plant from breathing properly. Using a soft cloth moistened with water, wash off leaf surfaces. Don't use oil, whole milk, or oil-based leaf shine to polish plants. Any oily substance can block the plant's pores and prevent proper transpiration.



Whenever roots start rising above the soil surface, the plant needs to be divided and/or repotted. Asparagus fern, shown here, forms tuberous roots that grow out of the soil in time. When this happens, knock the plant out of the pot and simply cut the roots in half; then repot the two parts. Peperomias, pileas, prayer plants, airplane plants, and most ferns can be divided this way. If roots of other plants rise above the soil level, repot the plants, using deeper, larger containers for the new divisions.



In winter, lack of humidity takes its toll on almost every type of houseplant —with the exception of most cactus and other succulents. If the leaf tips or edges of your plants are turning brown, the humidity is probably too low. Cut off brown leaf tips with sharp scissors; cut the leaf to form a tip if the plant has naturally pointed leaves, as this dracena does. You can raise humidity around plants by misting them frequently—or by setting them on trays of moistened pebbles. You might also consider purchasing an inexpensive cool-vapor vaporizer.



The winter sun is far stronger than you may realize, and the leafless trees do nothing to block the rays. If there's snow, it reflects and intensifies the light. The sun-bleached leaves of this peperomia show the effects of too much intense sun. The leaves have lost their color and look sickly and lifeless. Unfortunately, there's nothing you can do to make them turn green again, but you can improve the plant's looks by removing lackluster leaves. To prevent further damage move the plant out of bright light, away from the direct sunlight.



A fern needs pruning when the old growth turns brown. Reach under the green fronds and cut brown, dead leaf stalks at the soil surface. Remove dead leaves from the green fronds. Boost humidity by misting the foliage.

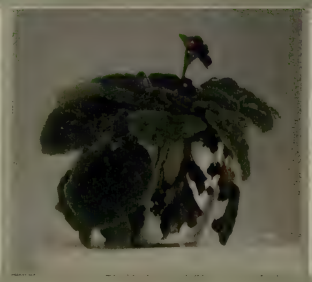
How to Rejuvenate Your Dejected

Houseplants

The African violet, *right,* shows signs of serious trouble. One by one, the lower leaves have drooped, turned mushy, then died. Although the plant still is basically healthy, it cannot continue to lose leaves and live.

A buildup of soluble salts around the rim of the pot caused the leaf damage. Minerals found in tap water make up the crust; when leaves touch the buildup, the trouble begins. The sooner you take action, the better.

First aid: Remove the dead leaves and spent blooms from the plant, then cut back the entire lower row of leaves to the stem. Repot the plant, setting it high enough that none of the leaves touch the rim. Use a fresh, clean container, not the same pot that formerly housed the plant. You may want to cover the pot rim all around with aluminum foil for more protection from salt buildup. The last step is to clean up the leaves with an artist's paintbrush. Or, use a soft toothbrush or a pipe cleaner for leaf cleaning.





It's a rare hanging basket that still looks lush and lovely several years after you purchase it. This airplane plant graced an office for two years, but old age finally took its toll. Wandering Jew, German ivy, Swedish ivy, and coleus also can become unattractive and scraggly with age. Old foliage at the top of the basket turns brown, while new leaves stay lush and healthy. This is completely normal, because the plant is concentrating on producing new foliage and is shedding the old.

First aid: When an airplane plant reaches the point where the top of the basket is completely bare, you'll have to root the plantlets and start over. This specimen yielded nearly three dozen young plants when trimmed.

To revamp an airplane plant, remove brown stems and leaves, and discard the old soil and root ball. Root plantlets in water or moist vermiculite. The baby plants, *below left,* are rooting in water. They'll be ready to pot in a few weeks.

To rejuvenate wandering Jew, ivies, or coleus, take stem cuttings of the healthy trailers and root the cuttings in water or vermiculite. Repot the basket, using newly rooted cuttings and healthy parts of the parent plant.





This overgrown dieffenbachia is so top-heavy it's in danger of falling. It stands approximately six feet tall, but four feet of that height is bare trunk. Healthy dieffenbachias often lose a lower leaf as a new leaf unfolds, but when the lower leaves drop in abnormal numbers, the plant can become unbalanced. When a plant gets as tall and gangly as this, it needs to be cut back, re-rooted, repotted.

First aid: Cut the leafy part of the plant off. Make the cut about 15 inches below the bottom leaf. Root this stem in water. When roots form, repot plant.



Cut the rest of the stem into short lengths. Place each horizontally in separate soil-filled pots; half bury the pieces, then water the pots. If you prefer, you can root these stem pieces in moist sand or vermiculite. Each segment will grow into a new plant.

The old roots and the remainder of the trunk also will grow again. Continue to water the soil ball and in a few weeks new growth will sprout from the stub of the cutoff stem trunk.



Plants often tolerate bad conditions for a long time before showing signs of trouble. In trying to find out why this schefflera turned yellow, we identified at least three problems. The yellow leaves appeared quite suddenly and a few fell off completely, which usually indicates stress caused by a change in climate or temperature. Logically, the onset of winter could

continued

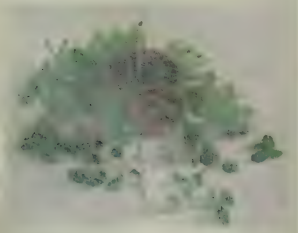
have caused that problem. But in this case, the newest leaves were small and spindly—this condition usually is caused by lack of light or fertilizer. Since this plant had been kept in a room that had a low light level, lack of light (rather than no food) undoubtedly triggered the trouble.

First aid: Remove the plant from the container. If you find, as we did, the roots have formed a gnarled mass



and completely entwined the small drainage rocks, repotting to a larger container is essential. Disentangle the roots from the stones; add fresh soil on a new layer of drainage rocks. When the plant is repotted, remove all yellow leaves. Put the plant in a location that gets some sun.

Unfortunately, you can't totally protect a plant from seasonal weather changes. However, you can make the transition to high or low temperatures more bearable by not placing plants near icy windows or heating ducts.



This pilea, *above,* didn't have long to live when it was rescued from an over-nurturing houseplant collector. It showed three signs of severe overwatering: the stems were soft and malleable, the leaves were beginning to pale, and the whole plant looked droopy. The soil ball was soggy.



First aid: Usually, it's best to wait until soggy soil dries a little before repotting. Since this plant was in critical shape, immediate repotting was necessary. In a case like this, knock the soil out of the pot, and remove as much of the soggy soil from the roots as possible. Select a pot with a hole in the bottom so drainage will be good in the future. Fill the bottom of the pot with pebbles and repot the plant in fresh, moist soil. Don't water until the soil is thoroughly dry. If one of your plants begins showing symptoms of overwatering, withhold water for two weeks or so. If this simple measure doesn't work, repot the plant.



Indoor trees need to be pruned, just as outdoor trees and shrubs do. Pruning encourages sturdier growth and a more pleasing shape. It's also often necessary when there are dead or dying branches to remove.

This *Ficus benjamina,* shown *bottom center,* has always received the proper light and water, and has been fertilized twice a year. It's basically in good health. But you can see that the branches are getting out of shape and several dead ones at



the base need removal.

First aid: With a sharp pair of pruning shears, cut off the overgrown branches at a point just above the place where a leaf grows from the stem. Determine beforehand the cuts you'll need to make to get the shape you want. New growth will appear behind the point where a branch is pruned. Remove all dead branches, too. The woody cuttings can be rooted in moist sand, then potted separately after they take root.

The pruned tree shown above will grow into a more rounded shape now.

You can improve the looks of any plant by adhering to a simple watering and feeding schedule. This Chinese evergreen received little care beyond weekly watering—it lived comfortably in an east window for about a year without repotting, fertilizing, or cleaning. But now the plant is showing the classic signs of lack of fertilizer—the lower leaves are drooping and some are turning yellow; growth has slowed considerably.

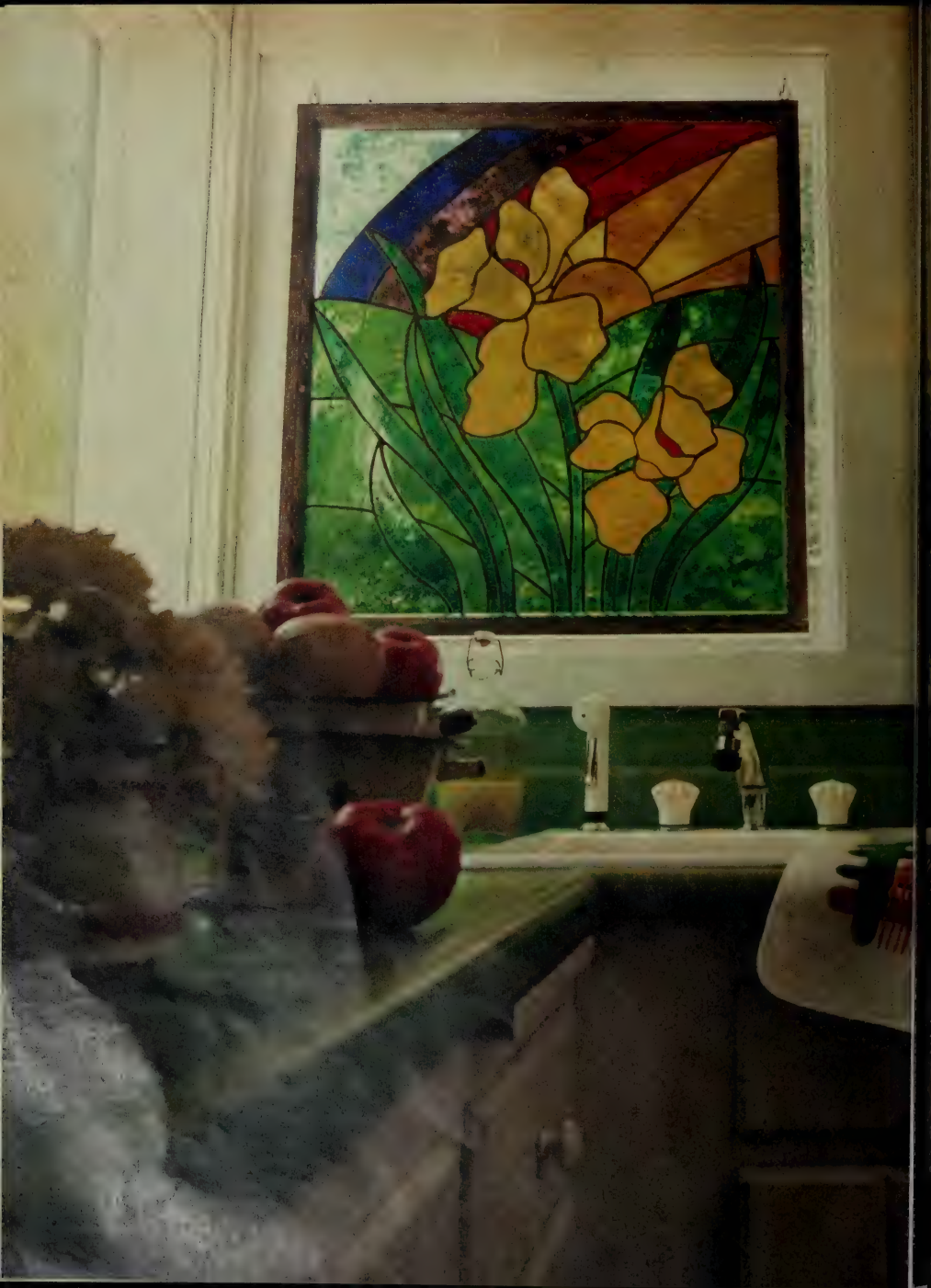
First aid: Plant food, fresh soil, and a new pot worked wonders for this Chinese evergreen. Foliage plants like this should be fed twice a year. (Feed flowering plants once a year, after the blooms fade.)

If you have let your Chinese evergreen starve until only a leaf stem or two are left alive, separate roots during the repotting process, saving only the parts of the plant that still are healthy. Repot each segment in individual containers or group all together to simulate a bigger plant.■





Photographs: William Hopkins





CRAFTS TO DECORATE YOUR HOME

Stained Glass

By Deborah Dugan and Gary Boling

Here and on the next four pages is a trio of great craft ideas sure to brighten up your home—and perk up your spirits!



Turn a kitchen window into a work of art with our shimmery stained-glass rainbow and daffodil landscape. The pieces are joined with copper foil tape instead of lead channeling, so assembly is easy—in fact, even stained-glass rookies can get top-notch results.

Once the design is enlarged and templates made, score the glass along the pattern edges (*photo above*). Remove the excess glass with breaking pliers (*photo right*). To prepare for joining, wrap copper foil around each glass piece.

How-to begins on page 141.
Buying information, page 154







Braid Dyeing

If you know the basics of braiding, you can easily transform any bedroom with one-of-a-kind fabric. The riot of rippling print shown here is just one example of the variegated fabrics you can create by dip-dyeing strips of sheets or plain fabrics.

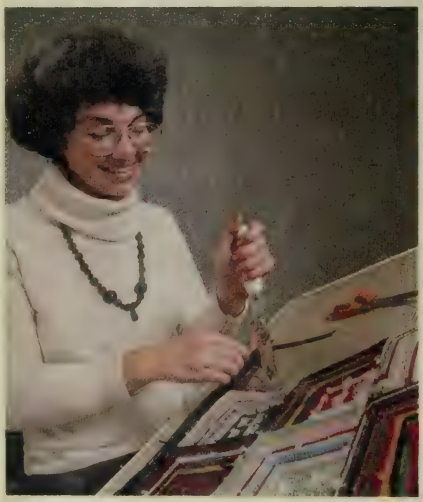
First, cut the fabric into four-inch-wide strips, press them in half, and braid. Secure the ends with string (*photo below left*). Dip the braids into a dye bath (*photo top left*), then rinse them under tap water. Untie the braids and iron out each strip (*photo bottom left*). Now you're ready to stitch up your strips into any number of projects.

How-to begins on page 141.



Photographs: Harry Hahman; William Hopkins (below left)
Design: Alice Anderson

Rug Hooking



Rug hooking is no longer a cracker-barrel craft of the past. With the arrival of today's easy-to-handle speed punch needle, you can crank out a plush pile beauty like ours in a twinkling. Our dazzling 5x7-foot area rug is a contemporary adaptation of a folk art "field of flags" design, richly bordered in black. The pattern blocks consist of domino-like squares surrounded by vibrant stripes of primary and pastel colors.

To make a punch rug, you'll need burlap fabric and a four-sided frame made of wood strips. Plan the design in advance by lightly sketching it onto the burlap. Stretch a section of the fabric around the frame and secure with tacks. Thread acrylic rug yarn onto the punch needle and turn the handle eggbeater-fashion as you "walk" the tool along (*photo above*). The pile, or right side, forms on the underside. Apply a liquid latex backing. **How-to begins on page 141.**

To order a complete rug kit or a preprinted fabric backing, see page 139.

Photographs: Jessie Walker. William Hopkins (above). Design adaptation courtesy of America Hurrah Antiques, New York. Design coordinator: Eric Norgaard





CENTERS TO STREAMLINE ANY KITCHEN

BY JOAN McCLOSKEY

Islands are great time and step savers because they literally center work activity, especially if they're outfitted with storage and one or more major appliances such as a cooktop, dishwasher, or oven. Along with adding work surfaces, islands smooth the work flow by reducing cross-kitchen traffic. Islands also separate cooking and eating areas while permitting kibitzing.

This cook center offers more than good looks. It rates an A in efficiency by combining storage and a cooking area near the sink and refrigerator. The cooktop reduces the size of the work triangle, thus saving steps for a busy cook. To help out on storage, the island provides roomy drawers, plus a space-saving pot rack complete with a nifty lid hanger. Note also the handy spice rack mounted on the end poles. The cooktop is vented through the floor, eliminating the need for a hood. Above the cooktop a diffuser panel conceals fluorescent tubes.

This center can be built in a workshop but should be assembled in the kitchen (the unit is too wide to get through most kitchen doors). Begin by building the box that comprises the base of the unit, then nail and glue the box to the frame. The headers across the top hold the unit together. The pans hang on eyebolts and wood blocks which slide back and forth. Make the lid rack with 24-inch bungee cords fastened to the framework with wood screws. Cover the top with laminate.

To order Project Plan 50388, see page 139





CENTERS TO STREAMLINE ANY KITCHEN

The five islands pictured here are tailor-made for smaller kitchens, whether L-shaped, U-shaped, or corridor. When not positioned center stage in the kitchen, each island can be set against a wall. Some of the islands have one smooth work surface; others have flip-up extensions. Some have deep drawers; others show off books and plants.

1 Roll-Around Center: Here's proof that good things come in small packages. This portable island is ideal as a drink-mixing center since mixes, glasses, and nibbles can be stored on the shelves below. It also sports drop-leaf shelves which flip up for added serving or working space. When not in use, the two-foot-square unit parks handily in any corner of the kitchen. Lockable casters keep the island stable when parked.

Because this island is a basic box, it goes together with the greatest of ease. Simply cut out the plywood pieces and fasten them together with glue and nails. Cover the top of the island with plastic laminate and attach the pop-up sides with drop-leaf brackets.

2 Bake Center: If you're a bread or pastry buff, you'll find this handsome bake center made to order from its marble top to its overhead rack. Deep sugar and flour bins are partitioned to keep sugar and whole wheat, rye, and all-purpose flour at the ready. Each bin holds ten pounds of baking supplies—enough for countless baking sprees. The rack above keeps baking trays and pans within easy reach.



Protein bill of fare

Vegetarian Chili *(top left)* contains protein-rich kidney beans, cashews, and cheese. *Tip:* One cup dry beans, peas, or lentils counts as one protein serving. Select seeds, a whole grain, or an animal protein accompaniment to get the full protein benefits.

Fisherman's Pie *(top center)* is a nutritious cache. Under a blanket of potatoes are fish and green beans in a milk-egg sauce. *Tip:* Seafood is generally low in cholesterol. Except for shellfish, fish contains less cholesterol than beef, pork, lamb, or veal does.

Mediterranean Zucchini Casserole *(top right)* calls for either pork, lamb, or veal teamed with vegetables and cheese. *Tip:* Be sure to trim fat from meats before cooking. Only one to two tablespoons fat is necessary for browning meats.

Turkey-Rice Pilaf in Cabbage *(bottom right)* starts with a cooked cabbage "bowl" filled with a wild rice blend, turkey, peas, and nuts. *Tip:* Some people think that poultry is "healthier" than red meat. While chicken and turkey are wise choices for fat-controlled diets, red meat and poultry are both good protein sources.

Cheesy Lima Soufflés *(bottom center)* sport a layer of vegetables and limas in cheese sauce beneath a classic cheese soufflé topper. *Tip:* Eggs are an excellent source of protein. Although there's been considerable publicity about the cholesterol content in eggs, we recommend that you include eggs in your diet unless your physician prescribes otherwise.

Recipes begin on page 114
Buying information, page 154



THE GOOD HEALTH FOOD GUIDE

SIDE DISHES

Instead of thinking of side dishes as plate-fillers, think of them as nutritional complements to your protein main dish. But that doesn't mean they have to be dull. Visually and nutritionally, side dishes can be much more inspiring than the usual mashed potatoes and creamed corn. And here's the proof!

Choosing sensible go-alongs

When you're looking for main dish team-ups, vegetables probably come first to mind, but there's an endless array of grains, fruits, and dairy products to choose from, too. They supply an assortment of nutrients, and in particular, a wide range of vitamins and minerals. That's one of the reasons why selecting a variety of foods is the key to achieving and maintaining top-notch nutrition.

Tailor-made selections

Side dishes you choose for each meal should complement the main dish. (See "A protein primer," page 96.) If the main dish is a *combination food* (containing ingredients from several food groups), your side dish can be simple. Consider also your day's intake of non-protein foods, and any calorie or fat restrictions. Another consideration is aesthetic appeal. Interesting blends of color, flavor, and texture make you want to eat the right foods, so the nutrients are put to good use.

Grain possibilities

Look into the many and varied forms of rice, whole or fortified grains, cereals, and pasta. Corn sticks, rice pilaf, tortillas, grits, fettucini, and Chinese noodles are tasty examples.

New vegetable versions

If your family puts down vegetables, try combining them with milk products, fruits, and/or grains. Cold vegetables with a yogurt dip, a potato salad with fresh fruit wedges, and a creamy soup all make great go-withs.



Side dish selections

Curried Winter Fruit Salad *(top left)* is an updated Waldorf mix of fresh spinach, sprouts, apples, grapes, walnuts, and celery with a yogurt dressing. *Tip:* Use fresh fruits and vegetables at their peak of ripeness because that's when they're also at their best nutritionally. Overripe vegetables may be lower in vitamin content.

Spaghetti Toss Vinaigrette *(top center)* is a pasta potpourri of garbanzos, corn, pea pods, and cheese chilled in a marinade. *Tip:* Although starchy foods such as pasta are labeled as "fattening," don't believe it. No specific food is "fattening." It's the total number of calories you eat that counts. Fat provides more than twice the calories of starches or proteins, so you're more likely to exceed your calorie needs on a high-fat diet.

Whole Wheat Mushroom Stuffing *(top right)* is anything but stuffy. Its intriguing flavor derives from mushrooms, wine, Brazil nuts, and spices mingled with toasted chunks of whole wheat bread. *Tip:* Although whole grains and enriched grains have essentially the same vitamin and mineral content, whole grains give you a health bonus. They contain the bran and germ which supply your body with needed fiber.

Squash-Tomato Combo *(bottom right)* in nature's serving dishes is a colorful blend of squash, tomato, green pepper, onion, and bacon. *Tip:* Try boiling, steaming, or stir-frying vegetables in addition to simmering and baking them. Cook vegetables just till tender to retain their appearance and nutrition.

Broccoli-Cauliflower Soup *(bottom left)* is a hearty bowlful of broccoli chunks, onion, Swiss cheese, and spices, with a cauliflower sauce. *Tip:* Although vitamins, such as those found in vegetables, do not provide fuel for energy (calories), they do have an important role to play. They trigger the process of energy release and regulate the use of food in your body. Most people will receive adequate amounts of vitamins from a wisely chosen variety of foods.

Recipes begin on page 114
Buying information, page 154



THE GOOD HEALTH FOOD GUIDE

SNACKS

Before-dinner nibbles or between-meal refreshments should be a lot more than just filler-uppers. Snacking on the right foods can help you bridge the gap between meals and can provide an energy boost when you need it. Our wholesome munchies demonstrate that between-meal snacking can be healthful and fun.

Apt appetizers and snacks

Of all the foods we eat during the day, snacks probably pose the biggest nutritional threat. Nibbling on foods that provide only calories (often called "empty calorie" foods) between or just before meals can put on the pounds. Not only that, it can sap mealtime appetites and crowd out more wholesome foods. Keep in mind that what you eat between meals counts just as much—calorie- and nutrient-wise—as what you choose for breakfast, lunch, and dinner.

Taking stock

Next time you raid the refrigerator, take a closer look at what's there. The best appetizers and snacks are small amounts of any meat group food, grain, fruit, vegetable, or milk-based food.

How much to munch

Keep snack and appetizer tidbits light. For finger foods, two or three pieces per serving will sustain you. If you're having protein as a snack or hors d'oeuvre, one-fourth to one-third of a main dish portion should suffice as a rule.

Take-a-break foods

For between-meal sustenance, try a cold soup, tuna or herring on dark bread, fruit juice, toasted nuts or seeds, cheese-stuffed dried fruit, or peanut butter on whole grain bread. Use leftover cold meats in a pâté, or tuck salad bits in pita bread. If you're coping with girth control, save a bread slice or piece of fruit from your meals to enjoy as a snack later.

Don't forget about beverages for fast and easy pick-ups. Drinks can help replace the water your body loses when you're active. Use your blender to whip up some frothy fruit or vegetable sippers.

Ice water or bottled water with a slice of lemon or lime is the ultimate thirst quencher. Although most of us don't think of water as an essential nutrient, it's more important to survival than food.

Read first, buy later

Are packaged snacks bad for you? Though no food can be termed "bad," some have more to offer than others in nutrient value. Check the label. Often it lists the product ingredients and the size of a serving, which can help you evaluate the food nutritionally.

If nutritional labeling is given, it will show the protein, carbohydrate, and fat content, as well as the percentage of the U.S. RDA for proteins, vitamins, and minerals. As a rule of thumb, a nutrient-rich food will provide at least ten percent of the RDA for most nutrients, and about 200 calories (or less) per serving.



Surprisingly good tidbits

Quick Wheat Bread with Date Butter *(top left)* is a good-eating bonanza: whole wheat flour, oats, buttermilk, sunflower seeds or nuts, and orange for the bread and dates and butter for the spread. *Tip:* Whole grain breads, nuts, seeds, dried fruits, and foods with the peels left on are good sources of fiber or roughage, which aids digestion.

Smoked Oyster Snacks *(top right on crackers)* are whole oysters piled on wheat crackers and blanketed with melted cheese and pimiento. *Tip:* Oysters are an excellent source of high-quality protein. They are also low in fat—less than 16 percent of the calories in oysters comes from fat. This is also true of many other kinds of fish.

Crunchy Carrot Balls *(top right)* make good munchies anytime. To make, combine cream cheese, cheddar cheese, shredded carrots, and honey, and roll them in grape nuts cereal and parsley. *Tip:* Cheeses are, for the most part, highly nutritious. But if you're restricting your calorie or fat intake, take heed. The calorie, protein, vitamin, mineral, and fat content varies widely between soft and hard, and natural and processed types. Read the labels.

Peanut Butter Popcorn *(bottom right)* is a nibbler's delight. Popcorn and whole almonds are glazed with a blend of melted peanut butter and warm honey. *Tip:* Even plain popcorn is a healthful snack food—it supplies fiber and a little protein, and contains just 41 calories per cup (unbuttered). Combine popcorn with nuts and dried fruits for an easy treat.

Fruit Nog Pick-me-up *(bottom center)* is a snack in a glass. Fill your blender with unsweetened fresh or frozen fruit; add milk, egg, and flavored yogurt to match the fruit; then whirl for a satisfying sipper. *Tip:* Fruits are good sources of carbohydrates—they contain starches and natural sugars, plus vitamins and minerals. Except for avocados, fruits contain practically no fat. And unless the fruits are dried, they're a low-calorie bargain.

Recipes begin on page 114
Buying information, page 154



THE GOOD HEALTH FOOD GUIDE

DESSERTS

Lots of us feel guilty when we indulge in desserts—and with good reason! The average dessert—delicious though it may be—is a nutritional disaster, but it doesn't have to be. With a little thought, you can make desserts work for you instead of against you. For starters, try these tempting and nutritious recipes.

Sugar and fat facts

The right food choices for dessert can add a nutritional plus to your diet, and help you meet or stay within your calorie quota. Although the main ingredients are often sugar and fat, they're not all bad in the right amount.

Sugar, pure and simple

Sugars, along with starches, are actually carbohydrates, and provide one of our most important body fuels. Natural sugars occur in diluted form in fresh fruits, vegetables, and some dairy products. Honey, corn syrup, brown sugar, molasses, and table sugar are all examples of refined (pure) sugars.

Sweets for the smart

The only nutritional contribution sugar can make to the diet is calories for energy. Consequently, the calorie content of foods high in refined sugars far outweighs the nutrient value. But, foods that contain natural sugars (such as fruits) will supply not only energy but other essential nutrients as well.

Just because highly sweetened foods rank lower than others on the good nutrition list, don't assume that you must cross them off entirely. Both sugars and fats, used sparingly, make many foods more enjoyable to eat. Moderation is the key. If you eat these foods to complement (but not take the place of) foods that provide necessary nutrients, and you don't exceed your calorie needs, you won't be shortchanging yourself.

Fat whys and wherefores

The other scapegoat, fat, appears in oils, solid shortenings, butter, margarine, and meat fat. Food sources of "invisible" fat include baked products, fried foods, dressings, condiments, nuts and seeds, lean meats, eggs, and some milk products.

Fat provides some fatty acids that are necessary for life processes, and it's an indispensable source of energy. However, fat provides more than double the calorie value per gram of carbohydrate or protein.

Fat in your diet

Fat should comprise about one-fourth to one-third of the total calories in your diet (or as recommended by your doctor).



Guilt-free finales

Bran Waffles with Favorite Fruit Topper *(top left)* are a nutritional package of whole grains and fruit. *Tip:* Bran, the coating on whole grains, is a good source of fiber and plant protein. Try incorporating bran cereals in baked foods, casseroles, and sauces.

Frozen Yogurt Melba Coupe *(top center)* features layers of frozen yogurt, granola, and jam. *Tip:* Yogurt is often touted as a health food. But other milk group foods, such as milk, cottage cheese, and cheddar cheese, offer as much or more protein, vitamins, and minerals as yogurt.

Fruit Custard Pizza *(top right)* features a cottage cheese crust filled with custard and bedecked with an assortment of fruit. *Tip:* A variety of fruits (fresh, frozen, or canned) will give you many of the vitamins and minerals your body requires.

Carob Candy Squares *(bottom right)* are coconutty bars of carob or chocolate, soybeans or nuts, dried fruit, and peanut butter. *Tip:* Chocolate or carob adds fun flavor to foods. Unlike chocolate, naturally sweet carob contains very little fat.

Pumpkin-Pecan Sundaes *(bottom center)* are smothered with warm pumpkin sauce. *Tip:* In a fruit-topped sundae, the milk, fruit, and meat food groups (if you top yours with nuts) are all represented.

Recipes begin on page 114
Buying information, page 154

THE GOOD HEALTH FOOD GUIDE MENU PLANNER

Menu planning puts you in control of your family's nutrition. If you've tried planning menus before, you know it's not 1-2-3 easy—but at the same time you don't have to be a dietician to plan nutritionally adequate meals. This guide simplifies the task of planning meals and also provides you with timely tips for nutrition-wise shopping and cooking.

Take it from the experts

The basic four food groups system is still the most practical approach to planning menus. This system takes into account the RDA (Recommended Dietary Allowance), which is simply a nutritional standard set up by experts on the Food and Nutrition Board of the U.S. government. The RDA tells how much of the known nutrients are recommended to meet the needs of just about every healthy person. Calculated with the most up-to-date scientific knowledge, the RDA is periodically revised to take new research findings into account.

By referring to the Basic Four in meal planning, you're taking advantage of a reliable system that gives you the RDA in terms of everyday foods. Each food group contains foods of similar nutrient content. The number of servings suggested for each group of foods will provide you with an *adequate* intake of essential nutrients. By *adequate* we mean you'll be getting about 80 percent of the RDA for nutrients and about 65 percent of the recommended calories. To meet the rest of your nutrient allowances, you should include additional servings from the food group foods. Extra calories, if needed, can come from those foods not included in the food groups.

The chart at right outlines the types of foods and nutrients supplied in each of the four basic food groups. It also lists the suggested number of servings and examples of what constitutes a serving from each group.

continued

THE BASIC FOUR FOOD GROUPS

Meats	Milk Products	Fruits and Vegetables	Grains
Foods in this group include:			
Beef, pork, veal, lamb, wild game, fish, poultry, eggs, meat analogs, cheeses, milk, dry beans, peas, peanuts and other nuts	All types of milk, yogurt, natural and processed cheeses, ice cream, ice milk, and foods made with milk (milk shakes, puddings, creamed soups, etc.)	All fruits and vegetables in fresh, canned, frozen, and dried forms; also the juices of foods from this group	All foods prepared with whole-grain or enriched white flour; includes yeast and quick-breads, all pasta products, rice, ready-to-eat and cooked cereals, grits, tortillas
Major nutrients supplied:			
Protein, fat, niacin, iron, thiamine, vitamin B_{12}, vitamin E, phosphorus, copper	Protein, fat, calcium, riboflavin, vitamins A and D, magnesium, zinc	Carbohydrate, water, vitamins A and C, iron, magnesium	Carbohydrate, fat, protein, thiamine, niacin, vitamin E, calcium, iron, phosphorus, magnesium, zinc, copper
Number of servings suggested:			
Adults, children, teen-agers—2 pregnant, nursing women—3	Children—3, teen-agers—4, adults—2, pregnant, nursing women—4	Everyone—4 (1 citrus fruit daily and 1 deep green or yellow vegetable every other day)	Everyone—4
One serving equals:			
2 ounces cooked lean meat, fish, or poultry; 2 eggs, 2 ounces hard cheese, ½ cup cottage cheese, 2 cups milk, 1 cup cooked dry beans, peas, or lentils; ½ cup nuts or 4 tablespoons peanut butter	1 cup milk or yogurt, 1 ounce hard cheese, ½ cup cottage cheese, ½ cup ice cream or ice milk, or 1 serving of a milk-based pudding, soup, or beverage, etc., as usually served	One serving is generally a portion as served; such as 1 medium apple, banana, tomato, or potato, or ½ of a cantaloupe or grapefruit; ½ cup cooked pieces or juice, 1 cup cut-up raw	1 slice bread, 1 ounce cereal, 1 roll or muffin, 1 pancake or waffle, or ½ cup cooked grits, rice, pasta, or cereal

Note: These extra foods complement foods in the four food groups but provide negligible nutritional value in proportion to calories. No amount is recommended; add these foods to your diet as your caloric allowances permit: *butter or margarine, shortening and oils, dressings, condiments, sugars, candies, syrups, jams, unenriched refined grain products, and heavily sweetened desserts and pastries.*

New England

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New England Boiled Dinner

-lb. boneless beef round rump roast
tbsp. shortening
cans (10¾ oz. each) Campbell's Onion Soup
tbsp. prepared horseradish
1 medium bay leaf
1 medium clove garlic, minced
6 medium carrots (about 1 lb.), cut in 2" pieces
1 lb. rutabagas, sliced ¼" thick
8 small whole potatoes (about 1 lb.)
1 medium head cabbage (about 2 lb.), cut in 6 wedges
½ cup water
¼ cup flour

large heavy pan, brown meat in shortening; pour off fat. Add soup, orseradish, bay leaf, and garlic. Cover; cook over low heat 2 hr. Add arrots and rutabagas. Cook 30 min. Stir occasionally. Add potatoes; place abbage on top. Cook 30 min. more or until done. Remove meat and vegetables o serving platter; keep warm. Meanwhile, blend water into flour until smooth; owly stir into sauce. Cook, stirring until thickened. Makes 6 servings.



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continued

Menu planner

The optional extras

On the Food Groups chart, page 104, you'll notice there's an addendum called "extra" foods. These foods are not required in the diet, and therefore are not included within the four food groups. However, many nutritionists feel that these optional foods can be included in meal plans to complement—but not replace—the basic four foods. Extra foods are those in which calorie content is extremely high in relation to the nutrient value. In some cases, foods in this group provide nothing other than calories. You'd have to eat large quantities of these extras to get more than meager amounts of nutrients. But you can eat these extras in moderation and still have a balanced diet—it's your body makeup that dictates how much of these foods you can eat.

Don't play favorites

Teamwork is what makes the four essential food groups work for you. You can't expect to win the nutrition game if you don't utilize every food group to best advantage.

The idea that if something is good for you, then more is better couldn't be further from the truth. Following a diet based on only a few foods, or a regimen that excludes one or two of the basic four groups, shortchanges you on a number of essential nutrients. At the same time, your body is forced to cope with excesses of other nutrients. Protein beyond your nutrient and calorie needs, for example, is stored by the body as fat. If you consume more vitamins and minerals than you need, these nutrients are either stored or excreted. A buildup of some of these stored nutrients can lead to severe health problems.

Planning for you and yours

Use our chart of the Basic Four Food Groups to find out what kinds of foods to emphasize in meal planning, and the amounts of foods each family member should eat. Also, as you plan menus, be sure to consider any special medical problems in your family. Your doctor is the best source of information if a special diet is necessary.

You'll want to plan so that each member of the family gets an adequate amount of food, but no more than is needed. Barring special medical considerations, the serving sizes recommended in the chart should be adequate for the nutrient and calorie needs of all age groups.

The wide variety of foods on the chart allows you to please everyone's personal taste and keep menus interesting. For example, you can meet the milk allowance by serving pudding, a cup of cocoa, cottage cheese, or yogurt.

It's up to you to determine the number of meals you want to have per day, and the types of foods you want to eat at certain times of the day. Forget traditional meal patterns if a different schedule works better for you. The thing that's important is the total amount of food you eat during the day, and the nutrient content of that food.

How to begin

When you begin planning, consider the day's menus as a whole, regardless of what kind of meal schedule you're on. A good rule of thumb is to start with a protein main dish from the meat group. You'll notice that the food group chart allows two servings daily from the meat group for all ages (excluding a pregnant or nursing mother), which means you need to serve a food from this group at only two meals if you're on a three-meal schedule. On a five-meal schedule, you could serve a half serving from the meat group at four of those meals to distribute the protein throughout the day.

Build around the main dish

Next, complement foods from the meat group with foods from the other groups. You don't have to serve a food from each group at every meal. But if you want to plan a hearty meal once a day, you could make it include one serving of meat, milk, grain, and a vegetable and/or fruit.

Milk group allowances vary. Children need three servings; teens, four servings; and adults, two servings. While adults don't need a food from this group at every meal, a child or teen-ager would (in snacks or at meals). Servings from the grain group and fruit-vegetable group should be included four times daily for everyone. But remember, the plan offers lots of flexibility—any of these foods can be eaten as snacks or mini-meals, too.

A shortcut

Menu planning is easier with *combination foods*—dishes that include foods from two or three food groups. For example, the Turkey-Rice Pilaf in Cabbage (page 114) provides a meat serving from the turkey and the nuts, a vegetable serving from the peas and cabbage, and a grain serving from the rice. To complete the meal, you would need only a beverage and dessert, perhaps made with foods from the milk and fruit groups.

If you prepare a combination food from scratch, you know what it contains. But with purchased convenience foods it's a bit more difficult. For guidance, read the list of ingredients (they're listed on the package from largest amount to smallest). For example, the listing for a frozen pizza may tell you it contains an enriched flour crust, sausage, cheese, and tomato sauce plus some seasonings. That means the pizza would provide elements from the grain, meat, and vegetable food groups. If the nutrient content is on the label, then the amount of protein, vitamins, and minerals will be shown as percentages of the total US RDA allowances.

Menu mock-ups

To help you get started, here are two generic daily menu plans that include the suggested number of servings from each food group as listed on the chart on page 104.

One model is designed as a three-meal-a-day with snacks schedule, and the other outlines a five-meal-a-day plan. However, you can shuffle meals or add snacks to suit your schedule. (Allowances for pregnant or nursing mothers have not been included in these models.) Simply plug in a specific food for each food group serving listed, by referring to the food groups chart. For example, one grain group serving might be a slice of bread or a ½ cup of rice.

3-Meal Plan

Meal #1 **1 milk serving**
1 citrus fruit serving
1 grain serving

continued


How do you like our pineapple?
In a deliciously sweet syrup?
In its own natural juice?
Dole
sliced pineapple
IN HEAVY SYRUP
It's a matter of taste.
CASTLE & COOKE, INC.
Dole
chunk pineapple
IN UNSWEETENED PINEAPPLE JUICE
IN ITS OWN JUICE

continued

Menu planner

Meal #2 1 meat serving
1 vegetable serving
1 grain serving

Snack 1 milk serving *(children and teen-agers)*
1 grain serving

Meal #3 1 meat serving
1 vegetable serving *(deep green or yellow variety every other day)*
1 grain serving
1 fruit serving
1 milk serving

Snack 1 milk serving *(for teen-agers)*

5-Meal Plan

Meal #1 1 milk serving
1 grain serving

Meal #2 ½ meat serving
1 citrus fruit serving
1 grain serving

Meal #3 ½ meat serving
1 milk serving
1 vegetable serving *(deep green or yellow variety every other day)*

Meal #4 1 milk serving *(for children and teen-agers)*
1 vegetable serving
1 grain serving

Meal #5 1 meat serving
1 milk serving *(for teen-agers)*
1 grain serving
1 fruit serving

Additions

After all of the basic food group allowances are met, you can add extra foods that provide mainly calories to help you meet your family's daily quota, complement your meals, and suit your family's tastes. Each individual's needs determine to what extent you should serve these extra foods, or whether they need be included at all.

Supermarket savvy

Here are some food shopping tips that make sense, both in terms of nutrition and your budget.

- Before you shop, have at least some roughed-out plans for several days or a week's worth of meals. Use the food groups chart for reference.
- List all the foods you'll need for the meals and snacks in your menus. This helps curb impulse buying.
- Or, jot down a partial list of general needs, then check the specials to decide what meals you can prepare.
- The meat counter is not the only place to buy protein. Dairy products, vegetables, and whole grains can provide protein equivalent to a serving of meat. For ideas, see "A protein primer," page 96, and the Basic Four Food Groups chart, page 104.
- If the fresh variety of a food is priced beyond your budget, consider the often less expensive canned and/or frozen alternative. Most of the time, the nutrient value is nearly the same.

Cooking conservation

Despite careful planning, nutrition can go up in smoke from improper cooking methods. Follow these hints:

- Cook vegetables in as little water as possible, and only to *al dente* (crisp-tender) doneness. Save the nutritious juices to add to soups, or sauces.
- To preserve the heat-sensitive vitamins and minerals in fruits, simmer them over low heat only until done.
- Cook vegetables in their skins if possible. The water-soluble nutrients won't boil away in the cooking liquid.
- Don't cook vegetables in pots with copper interiors, or acid foods such as tomatoes in aluminum-type pans. The metal causes a chemical reaction that destroys vitamins.
- Soda added to green vegetables during cooking may improve color, but it spells disaster for the nutrients.
- Always serve hot foods hot and cold foods cold.

For further information, send for *Better Homes and Gardens'* revised booklet, *Nutrition For Your Family.* Send check or money order for $1.95 per book to: Better Homes and Gardens Books, Department 872, P.O. Box 4535, Des Moines, Iowa 50380. ■

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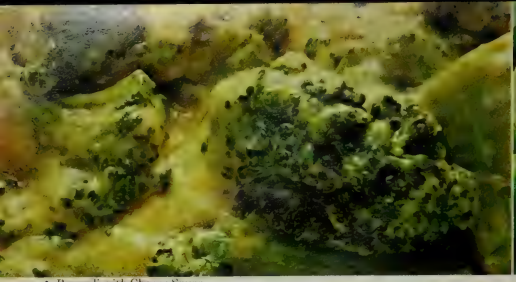
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▲ Broccoli with Cheese Sauce



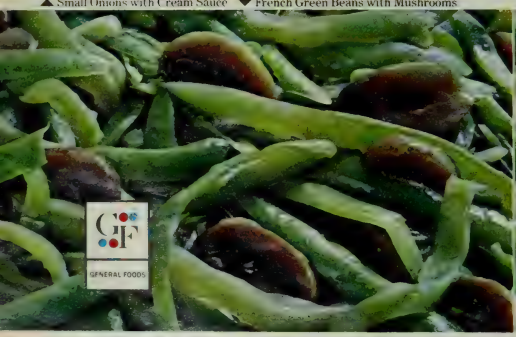
▲ Green Peas and Pearl Onions



▲ Small Onions with Cream Sauce ▼ French Green Beans with Mushrooms



▲ Carrots with Brown Sugar Glaze ▼ Green Peas with Cream Sauce





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File under Breads

Buying information, page 154

COFFEE CAKES AND BREADS

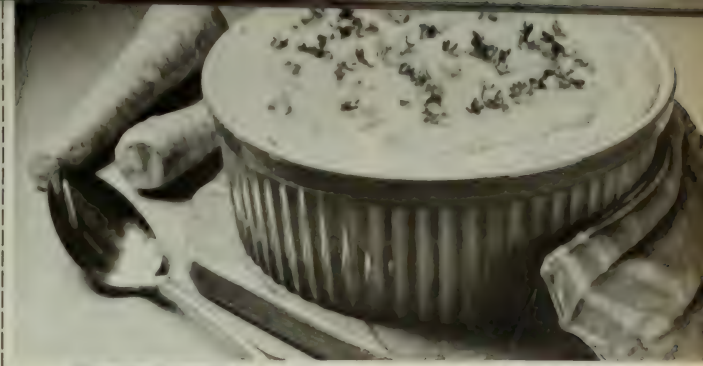
Choco-Peanut Butter Ring

Chocolate and peanut butter swirl through this first-prize bread—

2 to 2½ cups all-purpose flour
1 package active dry yeast
½ cup milk
½ cup sugar
¼ cup butter *or* margarine
1 egg
¼ cup peanut butter
½ cup semisweet chocolate pieces, melted and cooled

Mix *1 cup* of the flour and the yeast. Heat milk, *¼ cup* of the sugar, *2 tablespoons* of the butter or margarine, and ½ teaspoon *salt* just till warm (115° to 120°). Mix with yeast mixture and egg. Beat at low speed of electric mixer ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. Stir in enough remaining flour to make a moderately soft dough. Knead on floured surface 5 minutes or till smooth. Place in greased bowl. Cover; let rise till double, 1¼ to 1½ hours. Punch down; let rest 10 minutes. Roll to a 22x9-inch rectangle. Combine peanut butter and remaining sugar and butter. Blend in chocolate; spread over dough. Roll up from long side. Place on greased baking sheet; seal ends to form a ring. Slash through dough 2/3 of the way to center at 1-inch intervals. Cover; let rise till nearly double. Bake in 350° oven 20 to 25 minutes; cover with foil after 15 minutes. Makes 1.

Arlene Wahl, Castalia, Ohio



File under Vegetables

WINTER VEGETABLE IDEAS

Swedish Parsnip Soufflé

Top honors go to this elegant side dish made with parsnips and carrots—

2 large carrots, finely shredded (1 cup)
2 pounds parsnips, peeled and sliced (4½ to 5 cups)
¼ cup butter *or* margarine
1 teaspoon sugar
1 teaspoon salt
1 cup milk
4 egg yolks
½ teaspoon ground nutmeg
4 egg whites
1 tablespoon snipped parsley (optional)

Cook carrots, covered, in a small amount of boiling salted water 5 minutes. Drain; set aside. In same saucepan cook parsnips, covered, in small amount of boiling salted water 15 to 20 minutes or till tender; drain. Mash parsnips with butter or margarine, sugar, and salt. Blend in milk and carrots. Beat egg yolks and nutmeg about 5 minutes or till thick. Blend *1 cup* parsnip mixture into yolks; return all to parsnip mixture. Wash beaters well. Beat egg whites to stiff peaks; fold into parsnip mixture. Turn into buttered 2½-quart soufflé dish. If desired, sprinkle with parsley. Bake in 350° oven 50 to 55 minutes. Makes 8 servings.

Mrs. R. A. Ross, Sonora, Calif.



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Marshmallow-Pecan Squash

A rich filling jazzes up winter squash—

2 small acorn squash
⅓ cup saltine cracker crumbs (9 crackers)
¼ cup chopped pecans
3 tablespoons butter *or* margarine, melted
1 tablespoon brown sugar
⅛ teaspoon ground nutmeg
2 tablespoons butter *or* margarine, melted
1 cup tiny marshmallows

Wash and halve squash; discard seeds and fibers. Place squash, cut side up, in a 12x7x2-inch baking dish. Combine cracker crumbs, pecans, the 3 tablespoons butter or margarine, brown sugar, and the nutmeg. Brush squash halves with remaining butter. Spoon about 2 tablespoons of the nut mixture into each squash half. Bake, covered, in a 400° oven for 30 to 40 minutes or till tender. Uncover; top each squash half with *¼ cup* of the marshmallows; bake 5 minutes more or till marshmallows are puffed and golden. Makes 4 servings.

Mrs. F. Luana Rockwell, Seattle, Wash.



Sweet 'n Sour Brussels Sprouts

These brussels sprouts have a hearty bacon flavor—

3 cups fresh *or* 2 9-ounce packages frozen brussels sprouts
8 slices bacon
2 tablespoons vinegar
2 teaspoons sugar
½ teaspoon salt
¼ teaspoon garlic powder
⅛ teaspoon pepper

Wash fresh brussels sprouts; cut off any wilted leaves. Cook, covered, in a small amount of boiling salted water 10 to 15 minutes or till tender. (Or, cook frozen brussels sprouts according to package directions.) Drain. Meanwhile, in skillet cook bacon till crisp; drain, reserving ¼ cup drippings. Crumble bacon; set aside. To reserved drippings add vinegar, sugar, salt, garlic powder, and pepper. Add brussels sprouts; stir till heated through and well coated. Sprinkle with the crumbled bacon. Makes 6 to 8 servings.

Mrs. Irene Shanahan, Sound Beach, N.Y.



Bran-Apple Coffee Cake

3½ cups all-purpose flour
½ cup packed brown sugar
1 teaspoon ground cinnamon
½ cup butter *or* margarine
3 cups whole bran cereal
1½ cups granulated sugar
⅓ cup butter *or* margarine
2 eggs
1 cup buttermilk
1 8-ounce can (1 cup) applesauce
2½ teaspoons baking soda

Combine *1 cup* of the flour, the brown sugar, and the cinnamon. Cut in the ½ cup butter or margarine. Combine *1 cup* of the cereal with 1 cup *boiling water;* set aside. Cream the granulated sugar and the 1/3 cup butter. Beat in eggs. Mix in milk, applesauce, and softened bran. Combine the remaining flour, soda, and ½ teaspoon *salt*. Add the remaining cereal and egg mixture; blend well. Pour into two greased 9x9x2-inch baking pans. Sprinkle half of the cinnamon mixture atop each. Bake in 400° oven for 30 to 35 minutes. Makes 2 coffee cakes.

Mrs. Ruthalee Carroll, Newark, Del.



Quick Orange-Yogurt Coffee Cake

This easy, one-bowl cake starts with a one-layer cake mix—

1 beaten egg
1 8-ounce carton (1 cup) orange yogurt
1 package 1-layer-size yellow cake mix
½ cup raisins

• • •

3 tablespoons sugar
½ teaspoon ground cinnamon

In medium bowl combine egg and yogurt; add cake mix. Stir till well combined. Stir in raisins. Pour batter into a greased 8x8x2-inch baking pan. In small bowl stir together sugar and cinnamon; sprinkle evenly over batter in pan. Bake in a 350° oven for 30 minutes or till cake tests done. Cool on wire rack. Makes 1 coffee cake.

Judith N. Lund, South Dartmouth, Mass.

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Savory Add-a-Crunch

2 cups Quaker Oats (quick or old fashioned, uncooked)
½ cup butter or margarine, melted
½ cup grated Parmesan cheese
⅓ cup finely chopped nuts, wheat germ or unprocessed bran, if desired
¼ teaspoon onion or garlic salt

Combine all ingredients; mix well. Bake in ungreased large shallow baking pan in moderate oven (350°F.) 15 to 18 minutes. Cool; store in tightly covered container in refrigerator. **Makes about 3 cups topping.**

Add-a-Crunch Crescent Dinner Rolls

Separate one 8-oz. pkg. refrigerated crescent dinner rolls into triangles. Brush 1 side of each triangle with melted butter; sprinkle with about 1 tablespoon Savory Add-a-Crunch. Roll up; brush tops with melted butter. Sprinkle tops with Savory Add-a-Crunch. Bake according to crescent dinner roll package directions. **Makes 8 rolls.**

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begins on page 96

The good health food guide

VEGETARIAN CHILI

Top each serving of this meatless main dish with shredded cheese for extra heartiness—

2 tablespoons olive *or* cooking oil
1½ cups chopped celery
1½ cups chopped green pepper
1 cup chopped onion
3 cloves garlic, minced
• • •
2 28-ounce cans tomatoes, cut up
3 16-ounce cans red kidney beans, rinsed and drained
½ cup raisins
¼ cup red wine vinegar
1 tablespoon chili powder
1 tablespoon snipped parsley
2 teaspoons salt
1½ teaspoons dried basil, crushed
1½ teaspoons dried oregano, crushed
1½ teaspoons ground cumin
1 teaspoon ground allspice
¼ teaspoon pepper
¼ teaspoon bottled hot pepper sauce
1 bay leaf
• • •
1 12-ounce can (1½ cups) beer
¾ cup cashew nuts
1 cup shredded Swiss, mozzarella, *or* cheddar cheese

Heat oil in a 4½-quart Dutch oven. Add celery, green pepper, onion, and garlic; cook, covered, till vegetables are tender but not brown. Stir in *undrained* tomatoes, drained beans, raisins, vinegar, chili powder, parsley, salt, basil, oregano, cumin, allspice, pepper, pepper sauce, and bay leaf. Bring to boiling; reduce heat and simmer, covered, for 1½ hours. Stir in beer and cashews. Return to boiling; simmer, uncovered, 30 minutes more, or till chili is desired consistency. Remove bay leaf. Sprinkle cheese atop each serving. Makes 6 servings.

FISHERMAN'S PIE

Green beans and potatoes team up with fish in this hearty dish—

1 pound fresh *or* frozen cod, flounder, halibut, *or* whitefish fillets
2 slightly beaten eggs
1 5½-ounce can (⅔ cup) evaporated milk
1 tablespoon snipped chives
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon ground mace
2 tablespoons butter *or* margarine, melted
1 10-ounce package frozen cut green beans, cooked and drained
1 pound potatoes, cooked and mashed (2 cups)
1 slightly beaten egg
2 tablespoons butter *or* margarine
• • •
2 tablespoons butter *or* margarine, melted
Paprika
Lemon slices (optional)

In medium saucepan cook fish in boiling salted water to cover about 8 minutes (10 to 15 minutes for frozen fish) or till fish flakes easily when tested with a fork. Drain; break fish into bite-size pieces. Combine the 2 eggs, the milk, chives, salt, pepper, and mace; blend well. Add the first 2 tablespoons melted butter or margarine; stir in fish and beans. Pour mixture into a greased 10x6x2-inch baking pan. Combine potatoes with the 1 egg and the second 2 tablespoons butter or margarine; season to taste with *salt*. Spread potatoes to cover mixture in casserole. Brush potatoes with the remaining 2 tablespoons melted butter or margarine; score a diamond pattern through potatoes and sprinkle with paprika. Bake in a 350° oven for 25 minutes. Garnish with lemon slices, if desired. Makes 4 servings.

MEDITERRANEAN ZUCCHINI CASSEROLE

Fines herbes is an herb blend you can buy. It often includes chervil, parsley, tarragon, chives, sage, savory, and/or basil—

1½ pounds boneless pork, lamb, *or* veal, cut in bite-size strips
2 leeks, chopped (1 cup)
1 clove garlic, minced
2 tablespoons cooking oil
1 10-ounce package frozen chopped spinach, thawed
½ teaspoon dried fines herbes, crushed
1½ cups shredded mozzarella cheese (6 ounces)
½ teaspoon salt
2 small zucchini, thinly sliced (2 cups)
¼ cup grated parmesan cheese

In a 10-inch skillet brown half the meat at a time with leeks and garlic in hot oil. Add ¼ cup *water* and simmer, covered, about 25 minutes or till meat is tender. Meanwhile, drain spinach well, squeezing out excess moisture.

In large bowl combine spinach and fines herbes; stir in meat mixture, mozzarella cheese, and salt. Mix well; turn mixture into a 10x6x2-inch baking dish. Arrange zucchini slices in rows lengthwise atop mixture, overlapping slices as necessary. Sprinkle with parmesan cheese. Bake, covered, in a 350° oven for 40 to 45 minutes or till zucchini is crisp-tender. Serve immediately. Makes 6 to 8 servings.

TURKEY–RICE PILAF IN CABBAGE

Next time, try chicken or ham in this nut and rice combination—

1 6-ounce package long grain and wild rice mix
1 10-ounce package frozen peas
1 large head cabbage
• • •
3 cups cooked turkey, cut in bite-size strips
½ cup toasted pine nuts *or* slivered almonds
2 tablespoons dry sherry
2 tablespoons white wine vinegar
¼ to ½ cup chicken broth
Salt and pepper

In a large saucepan prepare rice mix according to package directions. Meanwhile, cook peas according to package directions; drain. Remove about 8 to 10 outer leaves of the cabbage (save remaining cabbage for use another time). Cook leaves, uncovered, in a small amount of boiling, lightly salted water for 5 to 7 minutes or till tender. Drain on paper toweling. To cooked rice, add turkey, peas, nuts, sherry, wine vinegar, and chicken broth for desired moistness; heat through. Season to taste with salt and pepper. Arrange cooked cabbage leaves on bottom and sides of a serving bowl, overlapping leaves as necessary. (Allow leaves to form a bowl shape.) Spoon rice mixture into cabbage-lined bowl. Makes 6 servings.

CHEESY LIMA SOUFFLÉS

Several hours before serving, you can partially cook the mixed vegetables and limas, and prepare the soufflé dishes—

continued



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America spells cheese KRAFT.





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continued

The good health food guide

2 cups frozen mixed vegetables (loose pack)
1 10-ounce package frozen lima beans
3 tablespoons butter *or* margarine
3 tablespoons all-purpose flour
½ teaspoon salt
½ teaspoon dried basil, crushed
¼ teaspoon dried thyme, crushed
¼ teaspoon pepper
1 cup chicken broth
1 cup shredded *process* Swiss cheese (4 ounces)
1 cup sliced fresh mushrooms
¼ cup sliced green onion
Butter *or* margarine, softened

• • •

¼ cup butter *or* margarine
¼ cup all-purpose flour
1 tablespoon snipped chives
1 teaspoon salt
Dash cayenne
1 cup milk
1 cup shredded *process* Swiss cheese (4 ounces)
4 slightly beaten egg yolks
4 egg whites

In medium saucepan partially cook frozen mixed vegetables, uncovered, in boiling salted water for 2 minutes; drain. Cook lima beans according to package directions till nearly tender; drain. In large saucepan melt the 3 tablespoons butter or margarine; stir in the 3 tablespoons flour, the ½ teaspoon salt, the basil, thyme, and the ¼ teaspoon pepper. Add chicken broth all at once; cook and stir till thickened and bubbly. Stir in the first 1 cup cheese till melted. Stir in drained mixed vegetables and beans, mushrooms, and onion. Cut six 1½-inch-wide lengths of foil to fit around edge of individual soufflé dishes. Grease one side of each strip with softened butter or margarine. Wrap one strip around each dish, buttered side in, extending foil 1 inch above edge of dish to form a collar; tape ends together. Turn vegetable mixture into prepared dishes; set aside. In saucepan melt the ¼ cup butter or margarine; blend in the remaining flour, the chives, the 1 teaspoon salt, and cayenne. Add milk all at once; cook and stir till thickened and bubbly. Stir in remaining 1 cup cheese till melted; remove from heat. Place egg yolks in large bowl; gradually stir in hot mixture. Beat egg whites to stiff peaks (tips stand straight); fold into egg yolk mixture. Pour mixture atop vegetable mixture in soufflé dishes. Bake in 325° oven for 35 to 40 minutes, or till knife inserted off-center comes out clean. Remove foil collars; serve at once. Makes 6 servings.

CURRIED WINTER FRUIT SALAD

You can substitute in-season fruits the year round in this crunchy spinach salad—

3 tablespoons milk
1½ teaspoons curry powder
1 8-ounce carton (1 cup) plain yogurt
1 tablespoon lemon juice
2 to 3 teaspoons sugar
Dash ground cinnamon

• • •

4 cups torn fresh spinach *or* lettuce leaves
2 unpeeled apples, cored and cut in chunks



- 1 unpeeled pear, cored and cut in chunks
- 1 cup alfalfa sprouts
- ½ cup seedless green grapes *or* halved and seeded red grapes
- ½ cup sliced celery
- ½ cup chopped walnuts

To make dressing, stir together milk and curry powder in a small bowl; let stand a few minutes to moisten spice. Stir in yogurt, lemon juice, sugar, and cinnamon till blended; cover and chill. In salad bowl toss together spinach, apples, pears, sprouts, grapes, celery, and walnuts. Stir dressing; spoon a little over salad. Pass remaining dressing with salad. Makes 6 servings.

SPAGHETTI TOSS VINAIGRETTE

If you like, use kidney beans, butter beans, or green beans in place of the garbanzos—

- 6 ounces spaghetti
- 1 clove garlic, minced
- 3 tablespoons finely chopped onion
- ¼ cup olive *or* cooking oil
- 1 15-ounce can garbanzo beans, drained
- ¼ cup white wine vinegar
- 1 teaspoon sugar
- 1 teaspoon dried oregano, crushed
- ⅛ teaspoon pepper
- 1 12-ounce can whole kernel corn, drained
- 1 6-ounce package frozen pea pods, thawed
- 4 ounces cheddar, Swiss, *or* monterey jack cheese, cut in ½-inch cubes (1 cup)
- Lettuce leaves

Cook spaghetti according to package directions. Drain; rinse with cold water. Drain again; set aside. Cook garlic and onion in oil till tender but not brown. Remove to a large bowl; stir in beans, vinegar, sugar, 1 teaspoon *salt*, oregano, and pepper. Add corn, pea pods, cheese, and spaghetti. Toss to mix well; cover and chill several hours. Serve in a lettuce-lined bowl, if desired. Makes 8 servings.

WHOLE WHEAT MUSHROOM STUFFING

A tasty change of pace from potatoes—

- 1 pound small whole fresh mushrooms, halved
- ⅓ cup chopped green onion
- 2 tablespoons butter *or* margarine
- ⅓ cup dry white wine
- 2¼ cups whole wheat bread cubes, toasted (3 slices bread)
- ½ cup Brazil nuts, coarsely chopped
- ½ teaspoon salt
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon dried marjoram, crushed
- Chicken broth (optional)

In saucepan over low heat cook mushrooms and onion, covered, in butter or margarine and wine about 10 minutes or till tender but not brown. Drain, reserving liquid. In bowl combine mushrooms and onion with bread cubes, nuts, salt, thyme, and marjoram. Add ⅔ cup of reserved mushroom liquid to stuffing; toss to moisten. Add a little chicken broth if a moister stuffing is desired. Spoon mixture into a 1-quart casserole.

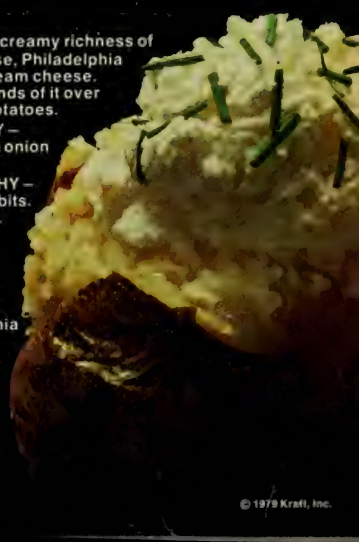
Bake, covered, in a 325° oven for 25 to 30 minutes or till heated through. Garnish with sliced cooked mushrooms, if desired. Makes 4 to 6 servings.

continued

with the Cream of Cheese.



Start with the pure creamy richness of the cream of cheese, Philadelphia Brand Whipped cream cheese. Spoon hearty mounds of it over steaming baked potatoes.
CREAM IT SNAPPY – sprinkle with green onion slices.
CREAM IT CRUNCHY – crumble on bacon bits.
CREAM IT TASTY – top with chopped chives.
Voila! You've creamed a potato with the cream of cheese, Philadelphia Brand Whipped cream cheese from Kraft.
America spells cheese KRAFT.



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If you love good eating...



BROCCOLI-CAULIFLOWER SOUP

Pair up different frozen vegetables to suit your taste—

1 8-ounce package frozen cauliflower
1 10¾-ounce can *condensed* chicken broth
1 10-ounce package frozen chopped broccoli
½ teaspoon mustard seed
½ teaspoon dried dillweed
½ teaspoon ground mace
⅓ cup finely chopped onion
¼ cup butter *or* margarine
2 tablespoons all-purpose flour
½ teaspoon salt
3½ cups milk
1 cup shredded *process* Swiss cheese (4 ounces)

In a 3-quart saucepan cook cauliflower, covered, in *half* the chicken broth for 5 to 8 minutes or just till tender. In a medium saucepan combine remaining chicken broth, broccoli, mustard seed, and dillweed; cook, covered, for 5 to 8 minutes or till broccoli is just tender. Set aside a few broccoli heads for garnish, if desired. Remove from heat; cover and keep warm. Place cauliflower mixture and mace in blender container or food processor bowl; cover and blend or process till smooth. In the 3-quart saucepan cook onion in butter or margarine till almost tender. Stir in flour, salt, and dash *pepper*. Add milk all at once; cook and stir till thickened and bubbly. Stir sauce, cauliflower mixture, and cheese into broccoli mixture; cook and stir till heated through and cheese is melted. Garnish with reserved broccoli, if desired. Makes 4 to 6 servings.

continued

The good health food guide

SQUASH-TOMATO COMBO

1 large *or* 2 small acorn squash
4 slices bacon
1 medium onion, thinly sliced
1 medium green pepper, chopped (½ cup)
1 16-ounce can tomatoes, cut up
2 teaspoons sugar
1 teaspoon salt
¼ teaspoon dried basil, crushed
⅛ teaspoon pepper

Cut squash in half *crosswise;* remove seeds and discard. Remove a thin slice from uncut ends so squash stands up.

Place squash, cut side down, in lightly greased 9x9x2-inch baking pan. Bake in a 350° oven for 35 minutes (for small squash) to 45 minutes (for large squash) or till almost tender. Meanwhile, in a 10-inch skillet cook bacon till crisp. Drain, reserving 2 tablespoons drippings. Crumble bacon; set aside. Cook onion and green pepper in reserved drippings till tender but not brown. Stir in undrained tomatoes, sugar, salt, basil, and pepper. Simmer mixture, uncovered, 10 minutes. Using a grapefruit knife, remove squash from shells, leaving shells about ½ inch thick. Set shells aside. Cube squash and add to tomato mixture; simmer, uncovered, 10 minutes more. Spoon mixture into squash shells. Garnish with crumbled bacon. Makes 4 servings.

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or walnuts. Grease a 1½-quart casserole dish; sprinkle lightly with wheat germ. Pour batter into casserole. Bake in a 350° oven for 50 to 60 minutes or till bread tests done. If necessary, cover loaf with foil during the last 15 minutes of baking to prevent over-browning. Cool in casserole for 10 minutes; turn out onto wire rack. Brush top of loaf with honey and sprinkle with additional sunflower seed, if desired. Serve warm or cool with Date Butter. Makes 1 loaf.

To make Date Butter: In a small saucepan cook dates, uncovered, with water, lemon juice, and salt over medium heat till mixture is thick; cool. Whip butter or margarine till light and fluffy; gradually beat in thickened date mixture. Turn into bowl; cover and chill. To serve, garnish with orange slices, if desired. Makes about 1 cup butter.

SMOKED OYSTER SNACKS

Experiment with different kinds of flatbreads and whole grain crackers for these quick snacks—

24 shredded wheat crackers
1 3⅜-ounce can smoked oysters, drained
2 tablespoons pimiento, drained and chopped
1 cup shredded cheddar, Swiss, brick, *or* monterey jack cheese (4 ounces)

Arrange wheat crackers on a baking sheet. Place one oyster on each cracker; top with some of the pimiento and shredded cheese. Broil 3 to 4 inches from heat about 1 minute or till cheese begins to melt. Serve immediately. Makes 24 snacks.

continued

QUICK WHEAT BREAD WITH DATE BUTTER

To make sour milk, place 2 tablespoons lemon juice or vinegar in a 2-cup measure. Then add milk to make 1¾ cups—

1½ cups whole wheat flour
1 cup all-purpose flour
½ cup quick-cooking rolled oats
½ cup packed brown sugar
1 tablespoon finely shredded orange peel
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1¾ cups buttermilk *or* sour milk
1 slightly beaten egg
½ cup shelled sunflower seed *or* ¾ cup chopped walnuts
Wheat germ
Honey
Shelled sunflower seed (optional)

• • •

½ cup pitted dates, snipped
¼ cup water
½ teaspoon lemon juice
Dash salt
½ cup butter *or* margarine, softened
Orange slices (optional)

In a large bowl combine whole wheat flour, all-purpose flour, oats, sugar, orange peel, baking powder, baking soda, and salt till well blended. Add milk and egg; stir just till ingredients are moistened. Stir in the ½ cup sunflower seed



The most delicious soup in a cup.

One taste, and you're a Lipton® Cup-a-Soup fan for life. Cream soups never tasted so creamy. The noodle soups are swimming with tender egg noodles. When you make soups by the cup–make 'em Lipton Cup-a-Soup.



½ cup light corn syrup
1 cup peanut butter
1 teaspoon vanilla

In a large roasting pan combine popcorn and almonds; keep warm in a 250° oven. Butter sides of a heavy 1½-quart saucepan; combine sugar, honey, and corn syrup in pan. Bring mixture to boiling, stirring constantly. Boil hard for 2 minutes; remove from heat. Stir in peanut butter and vanilla. Immediately pour over popcorn mixture, stirring to coat well. Cool; break into bite-size pieces. Makes 3 quarts.

FRUIT NOG PICK-ME-UP

If you're watching your weight, use plain yogurt, skim milk, and artificial sweetener with the fruit, egg, and vanilla—

1 8-ounce carton (1 cup) flavored yogurt (any flavor)
1 cup milk
1 cup fresh *or* frozen unsweetened blueberries, raspberries, strawberries, orange sections, *or* peaches
1 egg
¼ teaspoon vanilla *or* almond extract
2 teaspoons sugar (optional)

• • •

2 to 3 ice cubes

In blender container place yogurt, milk, fruit, egg, vanilla, and sugar; cover and blend at high speed till mixture is frothy.

continued

LIPTON. THE MOST DELICIOUS TASTE IN SOUPS

continued

The good health food guide

CRUNCHY CARROT BALLS

Keep these on hand in your refrigerator for drop-in guests—

1 3-ounce package cream cheese, softened
½ cup shredded cheddar cheese (2 ounces)
1 teaspoon honey
1 cup finely shredded carrot
⅓ to ½ cup grape nuts cereal
2 tablespoons finely snipped parsley

In medium mixer bowl beat cream cheese, cheddar cheese, and honey together till blended. Stir in shredded carrot. Cover and chill 30 minutes. Shape into fourteen 1-inch balls; cover and chill. Just before serving, roll balls in mixture of cereal and parsley, pressing into cheese to coat. Makes 14 balls.

PEANUT-SUTTERED POPCORN

Try using dry roasted peanuts, cashew nuts, or mixed nuts in place of the almonds—

3 quarts popped corn (½ cup unpopped)
1½ cups unblanched whole almonds
1 cup sugar
½ cup honey

The most delicious soup in a pot.

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continued

The good health food guide

Add ice cubes, one at a time, through hole in lid of blender or with lid ajar, blending till smooth after each addition. Pour into glasses; garnish with fruit, if desired. Serve immediately. Makes 4 servings.

BRAN WAFFLES WITH FAVORITE FRUIT TOPPER

Spoon the warm fruit topping over these waffles. Then dollop with yogurt or sour cream and sprinkle with nuts—

1 cup whole wheat flour
¼ cup sugar
1 tablespoon finely shredded lemon peel
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt

• • •

1½ cups buttermilk *or* sour milk
2 beaten egg yolks
1 cup whole bran cereal
6 tablespoons butter *or* margarine, melted
2 stiffly beaten egg whites

• • •

1 recipe Favorite Fruit Topper

In medium mixing bowl stir together flour, sugar, lemon peel, baking powder, baking soda, and salt. Stir in milk, egg yolks, bran cereal, and melted butter or margarine just till moistened. Fold in egg whites. Do not overmix. Bake in preheated waffle baker according to manufacturer's directions. Keep warm in 250° oven until ready to serve. Serve immediately with Favorite Fruit Topper. Makes about twelve 4½-inch waffles.

To make Favorite Fruit Topper: In a medium saucepan combine 2 cups fresh *strawberries, blueberries, cherries,* or *peaches* (or 2 cups frozen unsweetened fruit, thawed); ¾ cup *water,* 1 tablespoon *sugar,* and a dash *salt.* Cook and stir over medium heat about 5 minutes or just till fruit is softened. Do not overcook.

Blend 1 tablespoon *cornstarch* into 1 tablespoon *cold water;* stir into fruit mixture. Cook and stir till thickened and bubbly. Stir in 1 teaspoon *lemon juice;* add additional *sugar,* if desired, to taste. Cool slightly; serve warm. Makes 2 cups sauce.

FROZEN YOGURT MELBA BOMBE

For a custom-made bombe, pick your two favorite flavors of frozen yogurt and a jam to match—

2 cups plain granola cereal, crushed
2 tablespoons butter *or* margarine, melted
1 quart frozen lemon yogurt
½ cup seedless raspberry jam
1 pint frozen raspberry yogurt
Fresh *or* frozen unsweetened raspberries (optional)

In a medium bowl combine granola and melted butter or margarine till well blended. Pat about ¼ of mixture in the bottom of a 6-cup bombe mold or mixing bowl that has been lined with clear plastic wrap. Freeze for 10 minutes. Spoon *half* of the frozen lemon yogurt evenly atop crumbs in mold. Spoon *half* the raspberry jam on top, spreading to ½ inch of edge. Sprinkle with another ¼ of crumbs. Return to freezer about 20 minutes or till firm.

Spoon the frozen raspberry yogurt evenly into mold. Spoon remaining jam atop, spreading to within ½ inch of edge. Sprinkle with another ¼ of the crumbs.

If mixture seems soft, return to freezer for about 20 minutes. Top with remaining frozen yogurt and crumbs. Freeze several hours or till firm. Remove from freezer 10 minutes before serving. To unmold, invert onto serving plate; remove plastic wrap. Garnish with raspberries, if desired. To serve, cut in wedges. Makes 8 to 10 servings.

FRUIT CUSTARD PIZZA

Try this fun dessert for a crowd—

½ cup butter *or* margarine, softened
½ cup small curd cottage cheese
2 tablespoons brown sugar
1 cup all-purpose flour
½ cup quick-cooking rolled oats
1 teaspoon finely shredded lemon peel
¼ teaspoon salt
1 envelope unflavored gelatin
¼ cup granulated sugar
2 cups milk
3 slightly beaten eggs
1 teaspoon vanilla
½ cup apricot jam
Fruit to total 4 cups: fresh *or* canned, drained (juice pack) fruits such as banana slices, orange segments, seeded red or green grapes, pineapple slices, peach slices, pitted cherries, *or* apricot halves

In a small mixer bowl combine butter or margarine, cottage cheese, and brown sugar; beat till smooth and well blended. In a large bowl stir together flour, oats, lemon peel, and salt. Add cottage cheese mixture to dry ingredients; mix well. Form into ball. With greased hands, press evenly into a greased 14-inch round pizza pan, forming a ridge around edge. Bake in a 400° oven for 15 to 20 minutes or till golden; cool. In saucepan combine gelatin and granulated sugar. Stir in milk; bring mixture to boiling, stirring constantly. Gradually stir about *1 cup* of the hot mixture into the beaten eggs. Return egg mixture to saucepan; cook and stir for ½ minute. Add vanilla. Cover surface with clear plastic wrap; chill till partially set (consistency of unbeaten egg whites). Pour partially set custard over crust. In small saucepan heat jam over low heat till melted. Arrange fruit atop custard; brush with melted jam. Chill 1 to 2 hours. Cut into wedges to serve. Makes 1 pizza.

CAROB CANDY SQUARES

You can find roasted soybeans in health food stores. Roasting gives soybeans the flavor of roasted peanuts—

½ cup honey
½ cup creamy peanut butter
½ cup unsweetened carob powder *or* 1 square (1 ounce) unsweetened chocolate, melted

continued

ATTENTION: BEFORE YOU MAKE THAT SOURDOUGH!

In our September, 1978 issue in the Prize Tested Recipes feature on page 137 there is a basic **Sourdough Starter** as a part of the **Orange-Cinnamon Sourdough Rolls** recipe. We neglected to mention that when you cover the starter and let it stand, it should be *very loosely* covered. Place a piece of cheesecloth over the container and secure with a rubber band, or cover loosely with plastic wrap. *Do not* use a screw-top cover, or a tight-fitting plastic lid, as gases will be trapped inside the container. This causes pressure to build up and a possible explosion could result.

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GF GENERAL FOODS



continued

The good health food guide

1 cup roasted soybeans *or* dry-roasted peanuts
1 cup raisins, cut-up pitted dates, *or* cut-up pitted figs
1 cup flaked coconut

In a medium saucepan stir together honey and peanut butter over low heat just till melted. Remove from heat; stir in carob or chocolate till well blended. Stir in soybeans, raisins, and *¾ cup* of the coconut till well coated. Press mixture into a waxed paper-lined 9x5x3-inch loaf pan. Sprinkle surface with remaining coconut; press lightly into candy. Cover and chill till firm. Cut into squares to serve. Store, covered, in refrigerator. Makes 24 pieces.

PUMPKIN-PECAN SUNDAES

You can store any leftover sauce in a jar in the refrigerator, then reheat it for serving anytime—

⅓ cup sugar
2 teaspoons cornstarch
1 teaspoon finely chopped candied ginger *or* ¼ teaspoon ground ginger
¼ teaspoon ground cinnamon
Dash salt
Dash ground nutmeg
1 cup canned pumpkin
⅔ cup milk
1 teaspoon vanilla
1 quart butter pecan, butter brickle, *or* vanilla ice cream
½ cup pecan halves
Whipped cream

In a medium saucepan combine sugar, cornstarch, ginger, cinnamon, salt, and nutmeg. Stir in pumpkin, milk, and vanilla. Cook and stir till thickened and bubbly.

To assemble sundaes, scoop ice cream into 6 sundae dishes; pour some of the hot pumpkin mixture atop. Sprinkle some pecan halves over each serving; top with a dollop of whipped cream. Serve immediately. Makes 6 servings (1⅔ cups topping). ■

FOOD

SPECIAL DIETS

COULD A CONSULTING NUTRITIONIST HELP YOU?

Across the country, registered dietitians are setting up private practices as Consulting Nutritionists (CNs). Their goal? To help people who have special dietary problems cope with their individual food restrictions.

Who can obtain these services?

CNs counsel anyone concerned about nutritional decision making. Pregnant women, people with hypertension, diabetes, or heart disease, and persons found "at risk" in health screening programs may be referred by their doctors for nutritional guidance. A physician may also recommend that blood relatives of individuals with diagnosed health problems follow preventive programs.

What happens during counseling?

Consultations with a CN generally follow a three-stage pattern.

First, the CN gathers information about the present eating habits of you and your family. Learning about your individual routine is essential for setting up a meal pattern that's in sync with your life-style. The information also helps the CN evaluate the variety of foods you eat, your nutrient intake, meal timing, portion size, and food preparation methods. Questions of particular importance include: At what times do you eat your meals? Where are you at mealtimes? Do you eat a "sack" lunch? What are your food allergies, dislikes, and preferences? What health problems do other family members have? Have you followed a special diet previously? What health problem necessitated the diet? Was the special diet effective?

Second, a trial meal plan, agreed on by you and the CN, is developed. You'll get printed guidelines, along with a food recording form for noting your actual eating pattern. This feedback record shows how well the trial meal plan is working for you.

In the third stage of counseling, any problems or questions arising from the trial meal plan are discussed and the plan is revised accordingly. A frequent problem is failing to use one or more of the planned food categories sufficiently or omitting portions of permitted categories. When you eat and how much you eat are critical to the success of your plan.

What does the Consulting Nutritionist teach?

The CN will show you that you can utilize a wide range of foods and simple preparation methods, and may refer you to cook books and recipes developed by Registered Dietitians. Further, the CN can help you simplify menu planning and shopping. This can save you money and time, and help prevent impulse eating.

Vacations, business trips, holidays, and anniversaries or other celebrations can devastate your diet if you don't plan ahead. The CN will help you design a flexible plan that takes such events into account.

In some diet situations, it's necessary to modify favorite recipes and/or purchase different foods. A CN can show you how to adapt and simplify recipes as well as how to prepare recipes in quantity. In effect, you create some of your own convenience foods which are specially tailored to you.

How do you find a Consulting Nutritionist?

Of the country's 32,000 dietitians, most are full-time employees of hospitals and the like, but many presently counsel private clients part-time. To locate a CN near you, check the telephone classified directory under the heading "Dietitians" or "Nutritionists." Dietary departments of local hospitals or area medical societies may also be helpful. ■

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A first-timer's guide to Hawaii

By Barbara Humeston



There will never be a better time to visit Hawaii. The island state has been changing, but it still has plenty of magnificent scenery, spectacular sand and sea, a balmy climate you can count on, and lots of friendly *aloha* spirit. All those lures, combined with reasonable air fares and first-class accommodations, add up to a memorable family vacation. The pages to come will help you plan a first-time visit even island *kamaainas* (longtime residents) will envy.

LONG WAY FROM ANYWHERE

The 132-island Hawaii archipelago stretches 1,600 miles across the Pacific, four hours by air from the nearest mainland city, about 11 hours and five time zones from New York. You'll spend most of at least one day at each end of your vacation in transit.

Plan on a two-week first visit, if you can. That way, you'll have time for more than a whirlwind stop at each of the four major islands—Oahu (o-WA-who), Maui (MAU-ee), Kauai (ka-WY-ee), and Hawaii (usually called the Big Island). Each one offers its own particular pleasures. Three days per island is a good first-timer's rule of thumb, but try to work in an extra day on the Big Island, where distances are greatest. If time and budget dictate a shorter

continued

Hawaii

stay, pick one or two islands that sound most appealing. Hurried "island hopping" will only make you wish you'd never left home.

There are three other "peopled" islands in the Hawaii chain: Niihau (NEE-ee-how), a private ranching island; Lanai (la-NIGH), a giant pineapple plantation, with one little lodge for accommodations; and Molokai (MOL-o-kigh), mostly rural, too, but with fine hotels here and there.

ISLAND TO ISLAND MADE EASY

Hawaiian Air and Aloha Airlines make traveling between islands easy. Each island, visited in sequence, is less than 30 minutes from the next. The Common Fare allows vacationers with round-trip tickets on regularly scheduled U.S. and Canadian airlines to stop over for $17 per island.

Planes from the mainland fly into either the hectic Honolulu International Airport or calmer Lyman Field in the Big Island town of Hilo (HEE-lo). Six airlines (Braniff, Continental, Northwest Orient, Pan American, United, and Western) fly to Honolulu; four (Continental, Northwest Orient, United, and Western) fly to Hilo.

Besides first-class and coach tickets, economy air fare is available to the islands from a limited number of cities. Airlines also offer groups and individuals competitively priced discount fares under different names.

Starting this month, for example, United (largest carrier to the islands) will offer Discover Hawaii fares from Salt Lake City and points east. You buy your ticket a week in advance and must stay in the islands at least one Sunday but no longer than 30 days. Round trip from New York starts at $380; $337 from Chicago; $326 from Denver.

ITB fares (Individual Tour Basing) are available without the advance ticket purchase requirement, but you also must buy a minimum $75 ground package (lodgings, accommodations, etc.). Stays are limited to six to 21 days. The airfare portion of the ITB tariff runs about 15 percent more than Discover Hawaii fares, but up to 15 percent less than standard coach tickets. (United's new fare plan was awaiting Civil Aeronautics Board approval at press time.) Economy fares are the cheapest way for West Coast travelers to fly (from $136 round trip from Los Angeles; $126 from San Francisco). Charter flights are limited. A ticket agent or travel agent can help you get the best deals.

WHEN THE SUN SHINES LONGEST

Almost any time is a good time to visit Hawaii. Tradewinds keep temperatures balmy year-round. February and March are rainiest. August and September bring the hottest weather. Winter (December through April primarily) and June through August are the busiest tourist times.

There's no reason not to strike out on your own in Hawaii. Getting around is easy, and having the freedom to linger and explore is half the fun. Reserve a rental car in advance



Photographs: Barbara Humeston

Preparing for a Big Island luau at Kona Village Resort

(fly/drive deals are available; some packages substitute cars for sight-seeing options). About $15 a day is the best price.

Sight-seeing tour operators do big business on all four major islands, too. Oahu and the Big Island also have excellent bus systems that are great for getting from one stop to the next, but not too practical for sight-seeing.

LOGICAL LODGING ALTERNATIVES

There are over 350 hostelries in Hawaii—from elite retreats to resort hotels, condominiums, and rustic hideaways. For first-timers, resort hotels are the logical choice. They're usually convenient to gorgeous sand beaches, sports facilities, and sight-seeing attractions. Homelike condominiums offer advantages for families but are better suited to second-time, stay-put visitors than to first-timers who will be traveling around. Make your reservations early and ask about cost-cutting package deals.

NOT JUST A PRETTY PLACE

Because it's a melting pot of cultures, Hawaii lets you enjoy a foreign atmosphere without the hassles of being in a foreign land. English is spoken everywhere (with Hawaiian words mixed in) and U.S. currency is, of course, legal tender. Take time to get acquainted with the islanders. They're "mellow" folks who cherish their easygoing life-style, value their heritage, and genuinely want vacationers to have a great time.

The Hawaii Visitors Bureau staffs information offices in major cities. Write: Ed Marshall, Hawaii Visitors Bureau, Room 203, Central Plaza, 3440 Wilshire Boulevard, Los Angeles, California 90010; Peter Dease, Hawaii Visitors Bureau, Room 1060, Wrigley Building, 410 North Michigan Avenue, Chicago, Illinois 60611; or Jimmy Kaina, Hawaii Visitors Bureau, 50 Rockefeller Plaza, Room 1015, Associated Press Building, New York, New York 10020.

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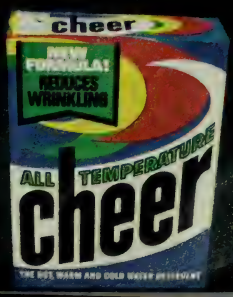


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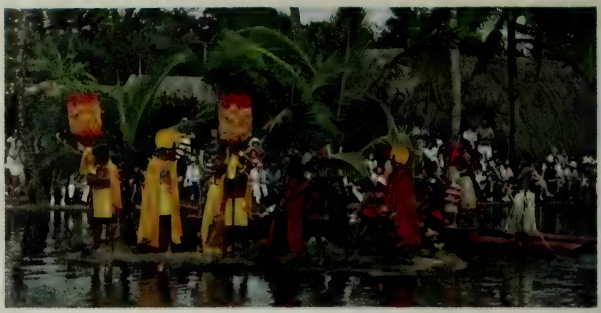
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New All-Temperature Cheer reduces wrinkling while you wash.



Oahu

Both sides of Hawaii's "happening" island



The colorful canoe pageant at the Polynesian Cultural Center

Vacationing on Oahu comes in two styles: the upbeat action of Waikiki on the southern coast; and the easy pace of the more placid north shore. Plan to spend some time exploring both.

Oahu is split diagonally by a cool, high plateau bounded by mountains on both sides. Visitors generally prefer the island's eastern "big half"—from Pearl Harbor southeast through Waikiki along the sunny southern coast, then up north between the mountains and the sea to the north shore (about a 50-mile trip one way).

WONDERS OF WAIKIKI

A plethora of high-rises, honky-tonk, and hubbub has descended on Waikiki. Fabled Waikiki Beach is a mile-long stretch of sand dwarfed by lofty hotels and covered by outstretched sun-seekers. Even so, first-timers should at least plan to sample the "Playground of the Pacific." There's no place like it anywhere on the islands for shopping, dining, and night life. All three thrive along Kalakaua Avenue, the main thoroughfare.

Single out shopping areas like King's Alley, a block of cobblestone lanes and Victorian architecture, and the International Market Place, a *mélange* of outdoor stalls and shops under giant banyan trees. A more traditional and much larger shopping center lies just west of Waikiki.

But the Waikiki area is at its glittery best after dark. Many hotels feature fine dining, with an international cuisine to match the area's diverse population. Expect to pay $30 to $40 for dinner for two with the house wine.

Besides the usual big-city discos and nightclubs, entertainment includes Polynesian revues—complete with Hawaiian melodies, shimmying and stomping dancers, and native drums. Two top shows are Tihati's at the Waikiki Beachcomber Hotel and Tavana's at the Moana Hotel. For a quieter evening of Hawaiian songs and fun, try the Marlene Sai Show at the Halekulani Hotel. Dinner shows cost $40 to $50 a couple; cocktail shows run about $25.

Next door to Waikiki is Honolulu, the islands' biggest city and a bonanza for visitors interested in history and architecture. The main attraction is the capitol district (the royal palace is a must). You'll probably enjoy prowling around old Chinatown, too. From the heights of the Punchbowl crater at the National Cemetery of the Pacific, you can view Honolulu's soaring buildings and broad thoroughfares, Diamond Head, and the shimmering Pacific beyond.

Memories of the historic battle are enshrined at Pearl Harbor, west of Waikiki along the coast. Free Navy tour launches take you out to board the U.S.S. Arizona Memorial. (Take this tour early in the day to avoid later crowds.)

Kapiolani Park—toward the Diamond Head end of Waikiki—holds delightful surprises, especially for the kids: a tropical zoo and aquarium, plus a photogenic hula show.

Waikiki is known for lavish hotels. A standout among the mammoth high-rises is the Sheraton Waikiki, in the heart of the beach stretch. Something is always happening at the Hilton Hawaiian Village, another "biggy" at the beach's west end. (Doubles from about $40 at both.) For gracious old Hawaiian charm, there's no place like the garden cottages at the Halekulani (doubles from $35). Go while you can—the hotel is slated for renovation late in 1979.

Waikiki's first beachfront hotel, the Moana (doubles from $31) features *Casablanca* atmosphere. (Ask for a remodeled room.) Within a few blocks of the beach are dozens of other lower priced lodgings, like the Holiday Isle, Kuhiolani Hotel, and Waikiki Surfside (doubles from $20 to $25).

SPLENDORS OF THE NORTH SHORE

Oahu's north shore comes closer to being the Hawaii vacationers visualize. The most scenic route to the north follows the east coast's lava cliffs, through peaceful little communities. There are several beach parks to explore, including Hanauma and Makapuu, home of Sea Life Park.

The north shore's delights range from a recycled sugar mill you can tour to beaches where daredevil surfers "hang ten." You also can hike through the lush plantings at Waimea Falls Park. But the best surprise is the Polynesian Cultural Center, where the South Seas come alive in seven re-created villages. The colorful afternoon canoe pageant and the Polynesian extravaganza at night are unmatched anywhere in the islands.

You can make a quick trip around the north shore and back to Waikiki in a day. If you want to linger, there are accommodations at the Kuilima Hyatt Resort, a sprawling hotel-condominium complex (doubles start at $36). Pat's at Punaluu is a convenient beach-front condo on the northeast coast (from $32 for four), and there's the little Laniloa Lodge (from $22 double), next door to the Cultural Center.

Travel back south by way of the Schofield Plateau through some of Hawaii's best pineapple country.

continued

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Kauai

Hawaii's best for sheer natural splendor



A sunset spectacle along Kauai's magnificent Na Pali Coast

Kauai is the epitome of the tranquil, tropical isle vacationers dream about—a blissful haven brimming with natural splendor and South Sea atmosphere. Except for the golden sands and an arid crescent along the west coast, Kauai is incredibly green.

Two outstanding features of the island's geography are Mt. Waialeale, the huge jungle-covered old volcano from which Kauai sprang, and the intriguing roadless country to the north called the Na Pali Wilderness. No road runs all the way around Kauai; no trail crosses it. In fact, those in the know insist you can't appreciate the island till you've hiked into its inner reaches or surveyed it close up from the air. Sight-seeing, picnic, and swimming excursions by helicopter and cruises around the magnificent Na Pali Coast are island specialties.

ONE WAY AROUND THE ISLAND

You can divide Kauai into two half circles for sight-seeing, starting at the Americanized airport town of Lihue. Each route covers under 100 miles round-trip, but allow plenty of time to savor the serenity and to fall under the spell of Kauai's rich legends. Islanders are great storytellers. A visit to the museum in Lihue will help set the scene for your adventures.

The road north from Lihue follows the shore beside sometimes nearly camouflaged sands lined with whispering pines. Hardy sugar cane, papaya trees, and palms bend with sea breezes. You pass among villages that recall the island's earlier missionary and plantation days. There also are dozens of beach turnoffs to explore and spur roads to giant water cascades, once proving grounds for Hawaiian chiefs' courage, and nifty slippery slide falls kids will enjoy.

Almost everyone who comes to Kauai takes the boat trip up Hawaii's only navigable river to a colossal fern-draped cave called Fern Grotto. You can view some of the island's brilliant green scenery close-up along the river. Launches leave the Wailua Marina. Meander over to nearby Paradise Pacifica, 30 acres of tropical plantings. It's one of many botanical gardens open to visitors.

An idyllic stop along the north shore is the Hanalei Valley lookout, where a river in the distance trails off through a patchwork of taro fields and truck farms. A quiet bay and a beach favored by moviemakers lie beyond, outside the plantation town of Hanalei.

Another spectacle waits at the end of the road. From a gorgeous reef-sheltered beach, you'll get a glimpse of the boiling sea and surf-smashed Na Pali Coast. If you're on hand at this special site for sunset, you'll understand what the "real Hawaii" is all about. Trails go up from the beach about ten miles into the wilderness.

KAUAI THE OTHER WAY AROUND

Roads west lead to a cool mountain park and the Kalalau Lookout, towering above a jagged-cliffed valley. Some 45 miles of hiking trails start there. But before you reach the end of this cactus-studded roadway, stop to view the three-mile-deep chasm called Waimea Canyon. Birds glide against rust-tinted walls; goats graze scattered ledges. Hardy hikers can follow a trail to the river below.

Just west of Lihue, take a side trip south down to the sea to popular swimming and body-surfing beaches dotted with resort hotels. There's also a charming old plantation house restaurant where you can enjoy an excellent meal in surroundings reminiscent of bygone days. A few miles west lies a ragged stretch of coast. Waves there burst into the air like geysers through old lava tubes.

LIVELY ENOUGH FOR A GOOD TIME

Kauai is the most low-keyed and relaxed of the island foursome. But there are four pockets of fine resort-style accommodations with good dining and entertainment: two on the east shore, one to the south, and one to the north.

Top choices to the east are the Coco Palms (doubles from $39) and the Kauai Surf (doubles from $47). At the intimate, old-Polynesian-style Coco Palms, you stay in rooms decorated with themes from the sea or in grass-roofed cottages. The Coconut Palace there features fine dining.

The Kauai Surf, the island's only high-rise, is carved out of a cliff along a half-mile arc of sand. The Surf has all the amenities, including a championship golf course, fine gourmet fare, and probably the best night life on the island. Club Jetty, just across the harbor, is a lively local spot for dining and boogieing. For somewhat more moderate prices, try the Kauai Sands (doubles $28 up) and Kauai Beach Boy (from $33 double).

Princeville, an engaging resort community to the north, has condominiums for rent ($50 up double). You'll be surrounded by restaurants, a variety of shopping, a tennis club, and Kauai's most spectacular seaside golf course.

continued

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Maui

Complete vacation island in its own right

Maui offers vacationers the best of both worlds: major first-class resorts on the sunny, reef-sheltered west coast; and magnificent unspoiled scenery on the wetter east side and around giant volcanic peaks that make up most of the rest of the island. In fact, Maui is really two islands in one—a forested volcanic mountain range to the west and higher and drier mountains to the east—joined by a fertile isthmus.

Though Maui is the second largest of the islands, you'll have no difficulty soaking up much of its best scenery. Among the most spectacular pleasures are an east coast adventure to a tropical hideaway hamlet; an excursion to the summit of an eerie old volcano; and an outing to the tranquil valley between Maui's two mountain chains, with a stop at an old whaling town. Since vacationers choose Maui for great golf, tennis, beach life, and water sports, too, there will come a time when you'll have to choose between resort pastimes and natural splendors.



Inside Maui's mammoth old volcano Haleakala

EVERYBODY'S IDEA OF PARADISE

Most tourists make the daylong excursion over an old rain forest road to the serene village of Hana. It's regarded as the loveliest drive in the islands. You snake along between sea-splashed cliffs and jungly uplands. Beyond every curve hides another sparkling bay, tumbling waterfall, or lofty lookout. Streams cascade down walls of green into glens sprinkled with blossoms and shimmering swimming holes. There are parks along the way perfect for picnics. At the end of the route, you can nose around an old Hawaiian village and take a dip in freshwater pools once reserved for Hawaiian royalty.

You have a choice for the return trip: Retrace your route or follow an unsurfaced road (passable by car but recommended for four-wheel-drive vehicles only) along the southern coast and a rough stretch of ocean most visitors never see. The terrain varies from rain forest to desert. In either case, start back by midafternoon to reach your hotel before dark.

THE ISLAND'S LUNAR SIDE

Sunrise and sunset are the best times to view the slumbering old volcano called Haleakala, at the end of another twisty route. Horse trails and hiking paths meander across the rusty-hued, moonlike landscape inside the 20-mile-long chasm. You can spend the whole day exploring, but go prepared for chilly temperatures at the summit's 10,000-foot elevation. A helicopter excursion among the crater's cinder cones is a once-in-a-lifetime experience.

MORE OF MAUI'S

The only route that leads into serene, green Iao Valley passes through the side-by-side municipalities of Kahului and Wailuku, the island's two main towns. The former is a modern commercial center; the latter is a charming old provincial town. Take time to snoop around there. A curious dark green lava pinnacle towers in the distance over Iao Valley and the battle site where a legendary Hawaiian king conquered Maui about two centuries ago.

Some of the charm of the old west coast port town of Lahaina disappeared with the rowdy whalers years ago. Nevertheless, it still sports a waterfront promenade suited to strolling, some fine restaurants, and sites of historical note—like a 1901 vintage inn, a floating whaling museum, a restored home of an early missionary, even a jail where author Herman Melville once put in some time. A flotilla of boats waits for tourists at the docks.

ENVIABLE ALTERNATIVES

On Maui, you face an enviable decision: which of the island's nifty resorts to call home. With the exception of a rather tacky condominium complex or two, accommodations are first-rate. You can't go wrong picking either of two west coast resort developments: Wailea, to the south; and Kaanapali, to the north. Each offers top-notch facilities for tennis, golf, shopping, and dining.

The classy new Wailea residential resort community, flanked by five intimate coves of sand, supplies two splendid low-profile hotels in a relaxed atmosphere: the Hotel Inter-Continental Maui (doubles from $49) and the new Wailea Beach Hotel (doubles from $62), along with fine condominiums (from $90 for four). Wailea also offers an art center where visitors can sign up for classes.

Kaanapali is an older, more bustling high-rise resort district along a broad three-mile stretch of sand. Rooms for two start at about $50 at first-class establishments like the Maui Surf, Sheraton Maui, and Royal Lahaina. Prices at the more modest Kaanapali Beach Hotel run a little less (from $35 double).

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Hawaii

The Big Island for contrast and heritage



Palm-fringed black sands and surf along the southern coast

Size alone makes the Big Island a standout. But beyond mere size, the Island offers vacationers many different worlds to explore—green valleys and tropical rain forests, red-hot volcanoes and raw lava wastelands, exotic orchids and multihued beaches, age-old architecture and sparkling new high-rises.

You can split the Big Island into three parts: the wet, green area up and down the east coast, the dry sunny west coast, and the rolling green country to the north. The Island is punctuated with two hulking volcanoes—active giant Mauna Loa, and her snowcapped sister Mauna Kea. Spend one day in and around the town of Hilo on the east coast; two days on the sunny Kona Coast, almost directly across the Island; and one day sight-seeing in between.

FRIENDLY HOME BASE IN HILO

Hilo, a friendly, grown-up sugar cane town curled around a beachless deepwater bay, makes a good home base for exploring the Island's green side and its number one tourist-pleaser, Hawaii Volcanoes National Park. Among the city's own attractions are a rainbow-crowned waterfall; Nani Mau Gardens, with a sampling of about every green thing that grows on the Island; a macadamia nut factory; and the best old-fashioned fish auction in the islands.

The road south from Hilo travels through countryside splashed with orchid and anthurium farms, groves of papaya and macadamia nut trees, a park full of weird lava pinnacles, and palm-fringed black sands. Along the way, stop by a couple of villages, like Pahoa, a quaint settlement of wooden-fronted shops, and Kalapana, where you can walk across a rolling rock mass left by a volcanic eruption.

Big Island visitors inevitably wind up at Volcanoes National Park on the high, cool slopes of Mauna Loa, 30 miles southwest of Hilo. You'll marvel at steaming vents and smoking calderas, a tree fern jungle, and cavernous lava tubes the kids will want to explore. The Volcano House (doubles from $28), a cozy inn, perches at the edge of Kilauea crater, still belching smoke from its last fiery tantrum.

Most hotels in Hilo are situated along the bay. Choicest accommodations are at the towering Naniloa Surf (doubles from $41), also known for the best nighttime entertainment. The comfy Polynesian-style Hilo Bay Hotel is a smaller, family-run establishment (doubles from $19). Closer to town is the classy Sheraton Waiakea Village Hotel (doubles $40 up), which offers a South Sea village atmosphere.

CROSS-ISLAND ODYSSEY

The rest of the green coast can be surveyed on your cross-Island trek to Kona. The route north from Hilo follows the shore about 50 miles through lands of showers, rainbows, sugar cane, and plantation towns.

Schedule a stop at Akaka Falls, where a foamy white water ribbon cascades down into a tropical rain forest. The coastal road ends at a mist-shrouded lookout across a lonely valley. As you go west across the island from the town of Honokaa, the tropical landscape gives way to cool, rolling ranchlands. You're bound to see *paniolos* (Hawaiian cowboys) in the ranch town of Waimea.

In Kailua, the main west coast town, shops and restaurants outline Kailua Bay, where fishermen board deep-sea charters bound for the Kona Coast waters. Kailua was once the capital of the Hawaiian kingdom, so besides sunshine, sea, and a fantastic lava landscape, the area brims with yesterday's treasures. Nearby are petroglyphs, ancient temples, the Island's oldest church, a royal summer palace, even the sacred City of Refuge. Hawaii's heritage is probably more evident here than anywhere else in the islands.

Two of the Big Island's finest beaches, Hapuna and Anaehoomalu, lie north of Kailua, along with a park loaded with ruins and the remains of an ancient seaside village.

EIGHT-MILE COASTAL LINEUP

Most Kona Coast hotels are lined up along an eight-mile stretch from Kailua south. Among the best are the oceanside Keauhou Beach Hotel, the Kona Hilton, and the Hotel King Kamehameha (doubles from $35 to $40). For more moderate prices, try the Kona Seaside ($20 up for doubles). Casa de Emdeko ($80 up for four) rents excellent condominiums. Farther south, the Kona Surf (doubles $42 up) rises from lava bluffs like a massive white seaside fortress.

Two unique dining experiences on this side of the Island are the Kona Village Resort luau and the incredible luncheon buffet at the Mauna Kea Beach Hotel. As a bonus, you'll get to see two of Hawaii's most incredible resorts. Kona Village is the ultimate hideaway in a very private, lazy South Sea setting. The Mauna Kea is a chic retreat overlooking a perfect sand crescent and an outstanding golf course. ■



Not the lowest low tar.

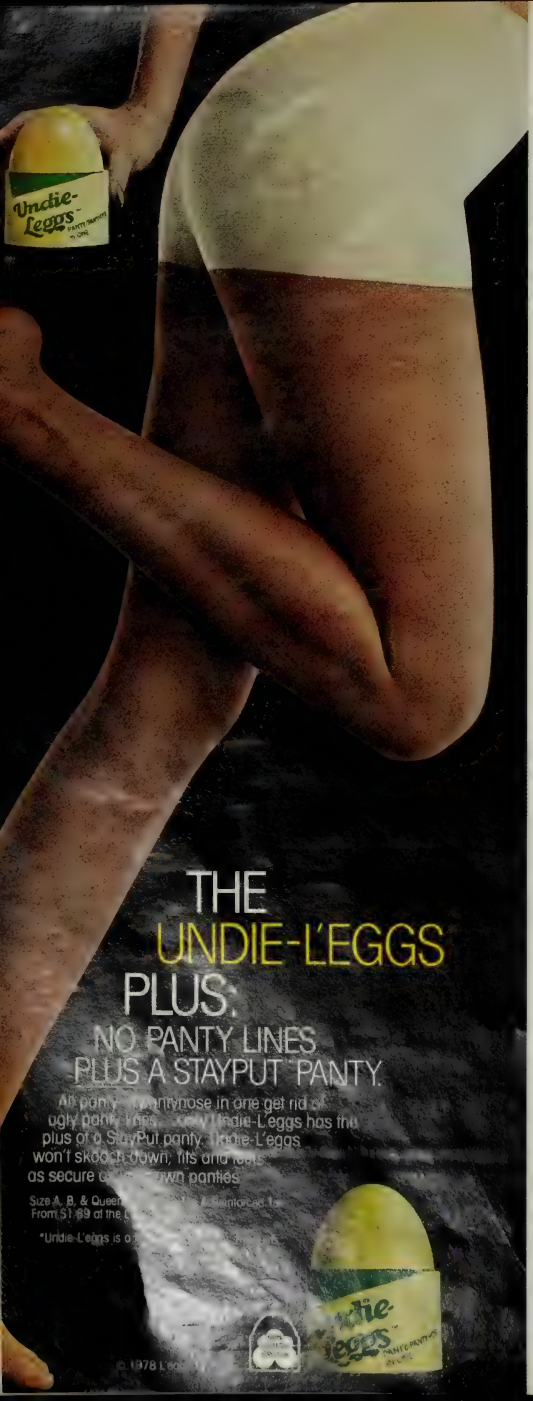
"Just a taste that's easy to switch to."

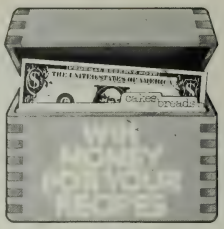


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SUMMER VEGETABLES IDEAS AND CHEESE ENTRÉES

Have you come up with some unique ways to capitalize on your summer vegetable bounty? Do you like to use cheese as a major ingredient in main dish recipes? Send us your recipes—you could win next August. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next August. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Summer Vegetable Ideas

You can enter all sorts of recipes, from appetizers to main dishes, provided they use summer vegetables such as tomatoes, corn, zucchini, beans, cucumbers, or peppers. Tips: **lamb-stuffed peppers, eggplant antipasto, cucumber soufflé.**

Cheese Entrées

A main dish recipe qualifies if it calls for cheese as a principal ingredient. Natural or process cheeses, cheese spreads or cold-pack cheese food could be used. Hints: **camembert crepes, cheese 'n apple omelet, Swiss corned beef squares.**

THIS MONTH'S WINNERS

(See recipes on pages 111 and 112.)

Cooks-of-the-Month

Mrs. R. A. Ross, Sonora, Calif.
Arlene Wahl, Castalia, Ohio

Runners-up

Mrs. Ruthalee Carroll, Newark, Del.
Judith N. Lund, South Dartmouth, Mass.
Mrs. F. Luana Rockwell, Seattle, Wash.
Mrs. Irene Shanahan, Sound Beach, N.Y.

Honor Roll

Dianne Altman, La Grange, Ill.
Mrs. Bharati Bhavaraju, San Jose, Calif.
Mrs. Donald Clingan, Gardena, Calif.
Elaine M. Crawford, Randolph, N.J.
Mrs. Anne Dobrinen, Fresno, Calif.
Mrs. Jane C. Handy, Medford, N.J.
Anthony Mango, Parsippany, N.J.
Sheilah C. Mutt, Snohomish, Wash.
Jan Orchard, Tigard, Oreg.
Lynn Pogue, Houston, Tex.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "August Summer Vegetable Ideas" or "August Cheese Entrées."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, January 31. Where duplicate recipes are submitted, the one postmarked earliest will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7901 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

SHOPPING

How to order material from the magazine

LOG CABIN HOOKED RUG Complete kit has design on cloth rug base, wool yarn in 20 colors, color card, instructions; measures 4'x6'. (Needle not included.) RUG BASE printed design, color chart, instructions also available separately. HAND HOOKING NEEDLE advances automatically as handle is turned; adjustable for five loop lengths. FRAMES of Canadian maple stretch, hold rug base tight for hooking; choose 22"x32" deluxe frame with legs or 18"x22" table model.

PROJECT PLANS for the Better Homes and Gardens® designs shown in this issue are available for purchase. Each plan packet includes large professional drawings, materials and woodcutting diagrams, and instructions.

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BUILD IN A BALCONY

Enclosing a porch (or, in this case, a balcony) can add low-cost space and good looks, as the "before" and "after" photos prove.





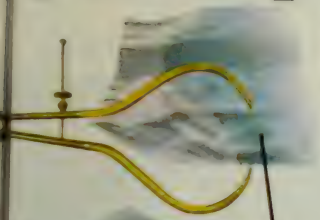
Photographs: Fred Lyon; Architect: Hanley F. Jensen, AIA; Stylist: Barbara Carlisle



Even though this remodeling was fairly minor, it made a dramatic improvement, inside and out. The balcony porch was simply enclosed with windows and topped with a clear acrylic-sheet roof. (The middle two wall sections are fixed glass, and the outer two units are operable wood casements.) Window boxes and trim to match the house complete the exterior portion of the remodeling.

Inside (*see photo above*), about 60 square feet of new space gives the master bedroom a whole new look. (French doors formerly connected the room to the balcony.) Now a bank of built-in storage cabinets stretches across the window wall. Most of the shelves behind the cabinet doors are at least 18 inches deep. Flanking the low unit are louvered doors that open onto floor-to-ceiling layers of shelves filled with sweaters and other bulky clothing. Matchstick blinds control the sun that streams through the long expanse of windows. An area rug hides the transition between old and new floors. ■

Finally, a beltless napkin you super users can trust.



Super Thickness. More protection than you've ever had in a belted napkin. Even super. One pad can absorb more than it will ever have to. Even on your heaviest days.



Super Protection. There's a blue moisture-proof shield covering the bottom and sides. To help prevent leakage and embarrassing accidents.



Super Wide Adhesive Strip. 5/8" wide. The widest adhesive strip on any full-size napkin. It keeps the napkin securely in place, no matter how active you are.

Super Comfort. The cover's extra soft. For extra comfort. And you won't believe how comfortable you'll be with no belts or pins.

New Stayfree® Super Maxi-Pads. The first super napkin that's beltless.

Cozy koala beanbag chair

Here's a clever way to recycle a bedraggled beanbag chair into a kiddie pal. Just stitch up this lovable koala and stuff the chair inside. The result: Love at first hug!



Design: Robbie and Tony Fanning. Photograph: William Hopkins

Materials needed

Our finished bear is 36x48 inches. To make the project you'll need: 2¾ yards (60-inch-wide) fake fur fabric; a black vinyl fabric scrap measuring 8½x7½ inches; a beanbag chair; foam that measures 74x12x3 inches; polyester batting; brown wrapping paper; heavy-duty sewing thread.

Step-by-step instructions

To stitch our bear, follow these steps:

1. Enlarge the eight pattern pieces below; transfer them to the wrapping paper. Add a ½-inch seam allowance around the six main pattern pieces including the nose opening on piece 5. Cut the six main pattern pieces from the fur fabric. (Be sure to note arrows for correct placement of fabric nap.) Cut nose and eyes from vinyl.

2. Mark the centers, top, and bottom on all but the inner ear pieces by cutting a slash or marking with a pen. Cut a ⅜-inch notch at B on the front, back, and bottom gusset pieces.

3. To construct the body, sew the center back seam on piece 2, right sides facing. Backstitch at beginning and end of seam; press seam open. With right sides facing, sew piece 1 to piece 2 from A on the neck to B. Right sides facing, sew the bottom gusset (piece 3) to the bear body, matching points B carefully. Match the center front on the gusset to the center front of the body, match the two center backs. Turn body right side out.

4. Trace the shape of the legs and arms *only* onto the foam. Cut out two legs and two arms. For a softer feel, wrap batting around each foam piece. Stuff into the koala.

5. Stuff the beanbag chair into the body. (Some of it should stick out of the neck; later the protrusion will be stuffed into the head.) To make the beanbag fit, you may have to remove some of the stuffing. Turn under the one-inch seam allowance at the neck and pin liberally.

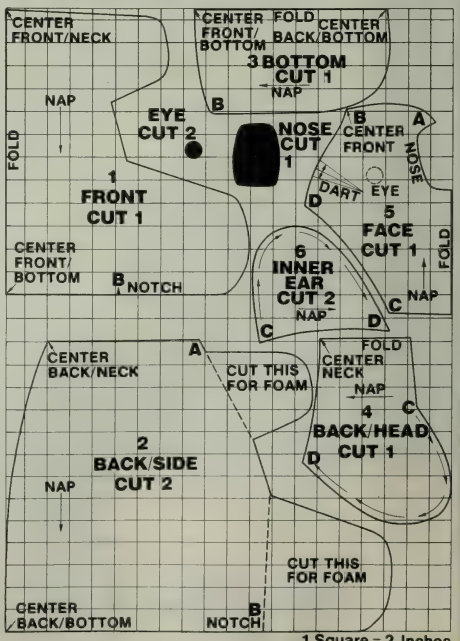
6. To construct the head, stitch the darts on either side of the face (piece 5). Tape the vinyl eyes in place to avoid holes from straight pins and sew close to the edges to attach to the head. Sew the A-B seam under the nose. Position [illegible] over the nose opening and tape in place. Sew the [illegible] the edge.

[illegible] sides facing, sew the inner ears to the face [illegible] the back of the head, around the other [illegible] Turn the head right side out.

[illegible] of the inner ear twice onto the foam. Wrap batting around the cutout ears to give a soft feel. Stuff the wrapped foam into the ears.

9. To connect the head to the body, set the head onto the body and tuck the protruding beanbag into the head. Match the center front and back of the head and body. (Ease the head neck seam to fit the body neck seam.)

10. Hand-stitch the head to the body. (Stitch several times for strength). To plump, turn bear upside down. ■



An announcement from the Colgate-Palmolive laboratories to every woman who cares about her laundry:

After you read this, you may never use your powder or liquid laundry detergent again.

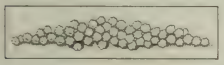
Announcing revolutionary Fresh Start.™ It's not ordinary powder or liquid. It's highly concentrated granules. So concentrated... just ¼ cup cleans your whole washload.



©1977 Colgate-Palmolive Co

Until now, you used either ordinary powder or liquid laundry detergents, simply because they were your only choices.

Well, now all that is changed. Because now there's new Fresh Start. This revolutionary detergent discovery is truly unique.



Granules. A difference you can see.

Inside Fresh Start's clear plastic bottle are millions of granules. Look very closely because this is not ordinary powder. These tiny blue beads are highly concentrated. In fact, they contain more cleaning ingredients per ounce than the leading powder or liquid detergent.



Why four common laundry soils are so important.

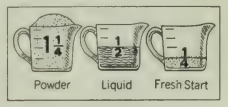
Most every laundry problem you're faced with falls under one of them. Food stains. Grease. Body stains. And just plain dirt.

Obviously, no single product gets every stain out. But Fresh Start's unique formulation is specially designed to work on all four of these common laundry soils. Every single time you do your wash.



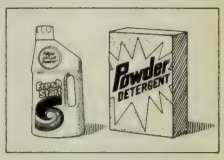
What do we mean by the best of powders and liquids?

Powders' strength is getting out dirt and stains. Liquids were created to help remove grease. Fresh Start combines the best dirt and stain-fighting ingredients of powders with the best grease-fighting ingredient of liquids. The fact is, no other laundry detergent gives you this combination in revolutionary highly concentrated granular form.



How can just ¼ cup clean your whole washload?

In a word, concentration. Fresh Start is so highly concentrated, just ¼ cup cleans the whole washload. You may find this slightly astonishing at first. But the fact is, and you'll see first hand, Fresh Start does a big job. What's more, you can use the cap on the Fresh Start bottle to measure that ¼ cup.



Will our bottle outlast their box?

Yes. Size for size, Fresh Start gives you more washes than ordinary powder detergents. We know how important economy is to you these days.

So now that you've read about this remarkable new laundry detergent, there's only one thing for you to do.

You must try Fresh Start. See the difference in the bottle. And then discover the difference in your wash.

We think you'll like Fresh Start. We think you'll like it so much, you may never use your powder or liquid laundry detergent again.

Fresh Start. It's the best of powders and the best of liquids in one.

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Fresh 'n Fruity™
Taste Original Style Yogurt
with nothing artificial.

FOOD

A slow-cooking entrée: Onion Oxtail Stew



Photograph: Dieter

Oxtails may not look like much at the meat counter, but they'll yield lots of good flavor after some long, slow simmering. Plan to buy one-half to one pound of oxtails per serving (because there's a good bit of cartilage and bone). And if your meatman hasn't already disjointed the oxtails, have him do it for you.

ONION OXTAIL STEW

⅓ cup all-purpose flour
5 pounds oxtails, disjointed
¼ cup cooking oil
1 cup chopped onion
1 tomato, peeled and chopped
1 large carrot, finely chopped
1 medium turnip, pared and finely chopped
2 cloves garlic, minced
Few sprigs parsley
1 bay leaf
1 10½-ounce can condensed beef broth
1 cup dry white wine
1½ cups sliced carrots (4 carrots)
2 cups small onions (boilers)

Combine the flour, *1 teaspoon salt,* and a *dash pepper.* Coat oxtails with flour mixture. In 10-quart Dutch oven, slowly brown half the oxtails at a time in hot oil, turning often; drain off excess fat. Add onion, tomato, the *chopped* carrot and turnip, the garlic, parsley, bay leaf, beef broth, *1 cup water,* and *½ cup* of the white wine. Cover; simmer 1½ hours. Remove and discard parsley and bay leaf. Skim off fat. Return to boiling; reduce heat and stir in remaining wine, *½ teaspoon salt,* and *dash pepper.* Simmer, covered, for 30 minutes. Add sliced carrot and onions; simmer, covered, 20 to 25 minutes more. Makes 5 to 8 servings.■

Reynolds Brown-In-Bag turns economy foods into tender, juicy main dishes in any oven.

FLAVOR SAVER COOKING

Reynolds Brown-In-Bag brings back cooking for flavor with even the most economical cuts of meat. It's moist heat cookery without the drudgery of pots or pans and oven walls to clean. This versatile bag keeps juices in, drying oven air out. Meats, fish and vegetables baste themselves while cooking, right in the bag. Then you serve main dishes at their juiciest, most flavorful best.

IDEAL FOR MICROWAVE OVENS, TOO.
In your microwave oven, Reynolds Brown-In-Bag® prevents food from drying out. Keeps juices in food instead of on oven walls. Your food stays moist and flavorful and the time you spend on clean-up is reduced.



HAWAIIAN PORK ROAST

Pork goes Hawaiian with fruit. You can find this recipe and many more in the new Brown-In-Bag cookbook.



ZESTY CHEESE MANICOTTI

Plan future meals around manicotti. Divide the recipe. Cook and serve one half. Freeze the other for another meal.

CHICKEN ORIENTAL
(Makes 4 servings)

- tablespoon flour
- pound broiler-fryer chicken, cut up
- ½ teaspoons paprika
- cup soy sauce
- tablespoons honey
- tablespoon peeled and grated fresh ginger
- teaspoon salt
- teaspoon garlic powder
- teaspoon pepper
- can (3 or 4 oz.) sliced mushrooms, drained
- small green pepper, cut into rings
- ⅓ cup sliced water chestnuts
- Cooked rice



Shake flour in large size (14" x 20") Brown-In-Bag and place in 12" x 8" x 2" glass baking dish. Wash chicken and pat dry; season with paprika and place in bag. In small bowl, combine soy sauce, honey, ginger, salt, garlic powder and pepper; pour over chicken in bag. Top chicken with mushrooms, green pepper and water chestnuts. Close bag with twist tie; marinate in refrigerator 6 to 8 hours or overnight. When ready to cook, preheat oven to 350° F.; make half-inch slits in top of bag. Bake about 1 hour or until chicken is tender. Or micro-cook at full power 20–25 minutes, turning dish frequently. Serve over rice.

More recipes, more ideas are in the new Brown-In-Bag cookbook...now for microwave cooking, too.

To receive our new 40-page Brown-In-Bag Cookbook, send 25¢ in coin to cover handling and mailing, along with your name and address to Reynolds Brown-In-Bag Flavor Saver Cookbook, P.O. Box 6704, Richmond, Virginia 23230.



REYNOLDS BROWN-IN-BAG®



Good TV spots

A television set needn't upset your room scheme. With a bit of handyman know-how, you can build a TV right into a favorite piece of furniture or a ready-made wall system.





Photographs: Fred Lyon. Design: Nancy Sammann Interiors. Source: Barbara East Cathcart

In this casual living area, an antique pine cupboard stores the family TV. The cabinet is divided into three sections that provide plenty of stowaway space for games and collectibles above and below the television. When the center panel doors are opened, the television screen can be seen from any angle in the room.





Here a wall of built-ins provides the perfect hiding place for a television set. Although it appears to be built in above a drawer, the set actually rests on a false-front platform that matches the surrounding cabinetry. The wood platform is attached to the base with a ball bearing swivel that allows the set to be rotated for round-the-room viewing. In its recessed position, the TV becomes part of the wall system and all but disappears from the room. ■

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Comstock Foods Inc
Coast to coast with regional brands.

FOOD

Quick and easy garnishes

Attractive garnishes can make even the simplest meals seem special. For inspiration, check below. You'll find ways to dress up everything from casseroles to cakes.

Entrée extras

You probably already use many main dish garnishes such as parsley sprigs, pineapple slices, or lemon wedges. Here are a few you may not have tried.

- Add pieces of spiced apple or pear to a serving platter of roast beef.
- Set off whole fish with mint.
- Use kumquats with roast lamb.
- Garnish pork with French fried onion rings or carrot curls.
- Top fish and seafood dishes with cherry tomatoes, hard-cooked egg slices, or radish roses.

Casserole toppers

Decorate the tops of casseroles for an extra special touch.

- Sprinkle them with a ring of shredded cheese.
- Adorn them with pre-baked pastry cutouts or small biscuits.
- Add buttered bread crumbs, crushed chow mein noodles, potato or corn chips, or crackers around the edges.

Soup surprises

A last-minute garnish can turn an everyday soup into company fare.

- To make light or clear soups look and taste rich, add pats of butter. Or float lemon slices, cucumber rounds, snipped chives, or sliced olives atop.
- Glamorize creamed soups with croutons, sieved hard-cooked egg yolk, sour cream, or crumbled bacon.

Dessert dazzlers

Although some desserts are tempting in themselves, the right decoration can make a simple dessert special.

- Spruce up puddings or ice cream with fresh fruit, crumbled cookies, or crushed candies.
- Top off pies and cobblers with sour cream, whipped cream, or ice cream.
- Sprinkle cakes with toasted coconut or nuts, or grated citrus peel. ■

begins on page 86

Decorating with crafts

STAINED-GLASS WINDOW, page 86

(Important Note: *Working with stained glass requires the use of several tools that can be dangerous.* Children should be carefully supervised.)

Finished size of stained-glass panel is 29 ½x29½ inches; window mounted in frame as shown measures 31x31 inches.

Materials: 30x30-inch piece of white paper or cardboard; red rosin paper (from lumberyard); soldering flux; 3 lbs. solid core wire solder (no rosin or acid core); household oil; glass cleaner; 1 roll of ¼-inch copper foil tape; "black patina" or copper sulfate solution for darkening solder; carbide sandpaper; 12 ft. 1x2-inch lumber for frame; 24 ft. ¼-inch quarter-round for frame; wood glue; nails; metal corner braces; screw eyes. *Glass:* 4 sq. ft. yellow-green; 1 sq. ft. violet; 4 sq. ft. green; 2 sq. ft. yellow; 1 sq. ft. yellow-orange; 1½ sq. ft. orange; ½ sq. ft. red-orange; 1 sq. ft. red; 1 sq. ft. sky blue; ½ sq. ft. blue. *Tools:* Soldering iron; breaking pliers; glass cutter; wooden fid or pencil with broken lead; small paintbrush; scissors; hammer.

Note: Stained glass tools, materials, instructions, and information are available at good craft stores or stained glass specialty shops (see Buying Guide).

Instructions:

Note: For additional information and tips, check your public library for books on working with stained glass (see bibliography), visit stained-glass specialty shops, or enroll in a local adult education class.

1. Enlarge pattern on page 142 to 29½x29½ inches, or size desired. Transfer pattern to a large sheet of white paper or cardboard. This is your master pattern. Number and color code each section of the design. See color key below:

1 Yellow-green
2 Violet

continued

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For soft, beautiful hands, Pacquin. For over 50 years, and still a classic in hand care. Now in a new unbreakable jar.



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continued

Decorating with crafts

3 Green
4 Yellow
5 Yellow-orange
6 Orange
7 Red-orange
8 Red
9 Sky blue
10 Blue

From red rosin paper, cut out a pattern template for each piece and mark it to correspond to the master pattern.

2. To cut glass, first practice making scores and breaks on a piece of scrap glass. Cutting glass is actually a refined method of fracturing, since the cutter only scores the glass *surface* for a controlled break.

Hold the glass cutter between forefinger and middle finger, with your thumb pressing the cutter from behind. Hold the cutter handle perpendicular to the glass, and begin and end the score slightly in (about ⅛ inch) from the edge of the glass. Score the glass in a continuous motion, using constant pressure throughout. *Do not* re-score a cut, since the groove you are making is so tiny that it is impossible to retrace. Also, re-scoring a cut is likely to damage the wheel of the cutter.

Make sure that your working surface is clean. Anything under glass may cause it to shift, thereby ruining the score or even breaking the glass before the score is completed. Also, inspect the score periodically. If the score line is broken, it indicates a nicked cutter wheel which cannot produce perfect scores and should be replaced.

Using breaking pliers on small pieces and just your hands on the large pieces, sharply snap the glass in two. Use a continuous motion, and break the glass away from your face while rolling your wrists outward. Along straight edges you can position the glass so that the score falls along a table edge, and then pull the glass down sharply to break.

3. When you have mastered glass cutting, place pattern templates on glass pieces and trace around them, one score at a time, with the glass cutter. Cut all inside curves first, and use a straightedge on all straight lines. Dip the wheel in household oil after every three or four cuts. Since stress patterns created by scoring glass tend to diminish after a period of time, break each piece of glass immediately after it is scored. Return pieces to the master pattern.

(If this is your first attempt at making stained glass, you may wish to cut out and assemble only a small section of the window first to master techniques that follow. If necessary, recut pieces and begin again.)

4. Wipe off glass pieces with household cleaner. Cut lengths of copper foil tape to wrap around each piece. Center the width of the strip along the edge of the glass and press down all around, overlapping slightly at ends. Since the foil is wider than the glass is thick, crimp the excess over the sides of the glass to form a U-shaped channel. Use a fid (a pointed wooden tool) or a pencil with broken lead to smooth down the foil to the glass. Do one piece at a time, and replace it on master pattern. Try to avoid handling foil edges, and don't try to reuse foil pieces that have become crimped or twisted.

5. Paint soldering flux (a weak acid) generously over edges of the foil to make it receptive to solder. Place a wood lath along the edges of the window to keep all of the glass pieces aligned while you're soldering.

Using solid core wire solder, and following the soldering iron manufacturer's directions, tack the pieces together. Next, flow solder over all exposed copper to fill in gaps and hold pieces securely together. As you are soldering over copper, let the solder build up to form a smoothly rounded seam. Turn the window over and repeat this process on the reverse side. Prop the window up and apply solder to the copper foil around the perimeter of panel. (If you are not planning to mount the glass in a frame, solder strips of U-shaped lead channel around perimeter for extra strength. Solder hanging loops to top.)

6. Clean the glass once more. Apply "black patina" liquid to darken the solder. Repeat if it's not dark enough.

7. To frame, cut 1x2-inch lumber to form a square, with inside dimensions equaling the perimeter of the glass panel. Glue and nail together. Cut quarter-round to fit inside the frame, and nail the pieces to the frame on



1SQ.= 1 IN.

continued on page 146

SALE

Dec. 26, 1978 through Jan. 15, 1979

It's Sears Rainbow White Sale!

Sale Toughcord bedspreads $10.99 twin size Save $2.00

Sears Toughcord® bedspreads: choose from 10 solid colors or 5 plaid color combinations.

Extra-strong tightly twisted ribs. Perma-Prest® bedspread of 75% polyester, 25% rayon. Matching draperies and valances are at regular price.

bunk size	reg. $10.99	Sale $ 8.99
twin size	reg. $12.99	Sale $10.99
full size	reg. $14.99	Sale $12.99

Save on Angelcord. The same crisp, Perma-Prest fabric with white ribs and eyelet trim. Choose from 3 pastel colors. All sizes are on sale. Matching canopies and pillow shams are also on sale. Draperies and bed post draperies are at regular price.

bedspread, twin size	reg. $19.99	Sale $16.99
coverlet, twin size	reg. $19.99	Sale $16.99
dust ruffle, twin size	reg. $19.99	Sale $16.99
priscilla curtains (100 in. x 81 in. size)	reg. $39.99	Sale $36.99

All available in most larger Sears retail stores from Dec. 26, 1978 through Jan. 15, 1979. Prices and dates may vary in Alaska and Hawaii.



Sears, Roebuck and Co. 1978


It's Sears Rainbow Whit



SALE

Dec. 26, 1978 through Jan. 15, 1979

(Most items on sale)

2 for $5.00 Muslin Sheets twin size

Wonderful prices for *all* sizes! Choose Sears Shower of Stars patchwork pattern or matching solid colors —white, too—all for the same low prices. All are Perma-Prest® muslin sheets of 50% cotton and 50% polyester.

twin size ..... 2 for $5.00
full size ..... 2 for $7.00

$2.99 Percale Sheet twin size

Find great values in Sears Forest Haven percale patterned sheets. In shades of green and yellow on white. Fine quality 180 thread count, Perma-Prest® percale sheets of 50% combed cotton and 50% polyester. All sizes at Sears pleasingly low regular prices.

twin size $2.99
full size $3.99

Sale 2 for $5.00 Matchmate Towels

Regular price $2.99 each, bath size. All other sizes are also on sale. Sears Matchmate towels are terry on both sides. Choose solid colors in an 86% cotton, 14% polyester blend or the matching two-tone classic border pattern in a 90% cotton, 10% polyester blend.

Sale $3.19 Colorburst Towel

Regular price $3.99, bath size. All other sizes are also on sale. Sears Colorburst solid towels are 30% heavier than Matchmate solid towels. All cotton terry loops on both sides. Choose from solid colors in a 83% cotton, 17% polyester blend, or checks in a 90% cotton, 10% polyester blend.

Save on Mattress Pads and Pillows

Perma-Prest® mattress pad:

twin size, anchor band	reg. $6.99	Sale $5.59
full size, anchor band	reg. $8.99	Sale $7.19
Billow Pillow (standard-soft)	reg. $8.99	Sale $7.49

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Only at **Sears**

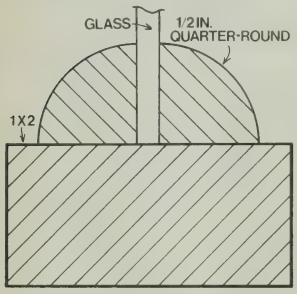
© Sears, Roebuck and Co. 1978

continued from page 142

Decorating with crafts

both sides of the glass to secure the panel in the frame. See diagram below. Set and fill nail holes.

Or, use a router and cut a kerf inside



frame before it is assembled. (Adjust lengths of 1x2s to accommodate the depth of the kerf.) Glue and nail three sides together. Slide the glass panel into the kerfs and nail the fourth side. Reinforce the joints with corner braces and attach screw eyes to the top of the frame to hang.

BRAID DYEING, page 88

(Finished size of double-bed quilt is 78x98 inches; pillows measure 20x20 and 26x26 inches.)

Materials: White (44/45-inch-wide) 100% cotton fabric in the following amounts: 12¼ yds. (quilt), 4 yds. (four pillows), 2 yds. (lamp); 90x108-inch quilt batting; liquid dye (we used dark brown and navy blue); matching thread; fitted sheet for bed skirt; 18- and 24-inch pillow forms; zippers to fit pillows; hanging industrial-style lamp; string.

Instructions:

1. Preshrink white fabric to remove sizing; press. Cut fabric, selvage to selvage, in 4-inch-wide strips. Fold strips in half lengthwise; press.

2. Secure three strips together with string. Braid together as shown in diagram, right, and tie ends securely with string. (Tightly braided strips will let more white fabric show between dyed areas, while loosely braided strips will permit the dye to penetrate evenly.) Braid all strips required for each project before dyeing any of them.

3. Prepare dye bath according to package directions. Place braids, a few at a time, in dye, and let them soak until the desired depth of color is achieved. (For deep, dark colors, let the dye penetrate beyond the desired shade, since the color will fade slightly when the dye is rinsed out.) Rinse the braids in cold water and let dry. Remove strings and press each strip flat over several layers of newspaper and paper toweling. Repeat the process using the other dye color.

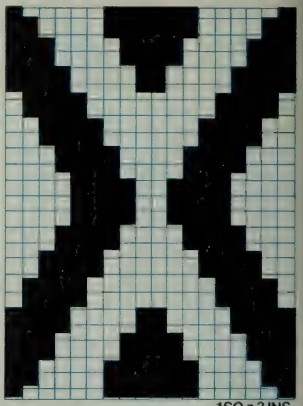
4. *For the quilt:* Dye 18 individual fabric strips (six braids) of *each* color. Following the diagram at right, piece the strips together using ¼-inch seam allowances. (Stitched strips should be three inches wide.) Stitch the pieces together into long rows, then join the rows in the pattern shown to make the top. The finished panel measures 55x75 inches, including ½-inch seam allowances around the outside edge.



Dye fabric for the border and backing in the color desired (or purchase fabric in a suitable color). Cut two side border strips 13¼x99½ inches, and two end strips 13¼x55 inches. Sew the end strips to the ends of the pieced panel, and the side strips along the sides of the panel and endpieces.

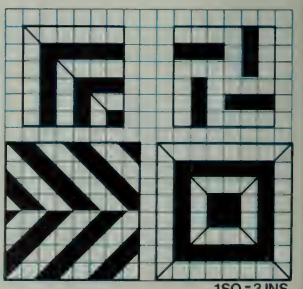
Cut and piece backing fabric to equal the finished size of quilt (78x98 inches). Sandwich batting between the top and the backing and pin in place. Fold the border edges under and around the backing ¾ inch. Then fold the raw edge under ¼ inch and stitch around. Quilt along the seams of the pieced panel, and along a line that splits each segment of the border in half lengthwise.

5. *For bed skirt:* Dye 36 individual fabric strips (12 braids) in the color desired. Position the fitted sheet on box spring and measure from the top of the spring to the floor. Add 1 inch for



seam allowances; cut 68 strips to this size. Piece together 25 strips for each side and 18 strips for the end. Stitch the panels to the sheet; turn the bottom edges under and stitch. If desired, line the bed skirt panels for more body.

6. *For each pillow:* Dye nine individual fabric strips (three braids) of each color. Following diagrams below for 18- and 24-inch pillows, piece the strips together to form the pillow tops. Cut the backing fabric the same size as the pillow form. For the 1-inch border, fold



continued on page 152

Guess whose mother used Downy?



’s static cling season. Shouldn’t you use Downy?

s that time of year. Clothes are clinging.
ding up. Sticking together. Hiding. You need
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You see, Downy works in the rinse. So—at
e same time Downy’s rinsing in softness and April Freshness—it’s working to rinse *out* static cling *before* it starts. Before static has a chance to build up in the dryer.

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Downy. A noticeable improvement.

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BURTON CUMMINGS DREAM OF A CHILD

TED NUGENT Cat Scratch Fever

STAR WARS FERRANTE & TEICHER

JOE STAMPLEY KEEP MINE AND BLUE MEMORIES

Stephen Bishop BISH

BRUCE SPRINGSTEEN DARKNESS ON THE EDGE OF TOWN

RAY CONNIFF After The Lovin'

DAN HILL FROZEN IN THE NIGHT

PETER FRAMPTON I'M IN YOU

GERRY RAFFERTY CAN I HAVE MY MONEY BACK

GEORGE JONES Bartender's Blues

CHICAGO XI

JIM CROCE HIS GREATEST HITS

David Allan Coe Human Emotions

Everything You Always Wanted To Hear By DION AND THE BELMONTS

CHUCK MANGIONE Children Of Sanchez

Kenny Rogers Love Lifted Me

ORIGINAL SOUNDTRACK FOUL PLAY

MERLE HAGGARD SINGS LIKE ALWAYS SING

BOZ SCAGGS SILK DEGREES

THE BEST OF ROGER MILLER Little Green Apples

LYNN ANDERSON From The Inside

DIANA ROSS An Evening With Diana Ross

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GAP MANGIONE SUITE LADY

MARTY ROBBINS

FRANK SINATRA MY ONE & ONLY LOVE SENTIMENTAL JOURNEY

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THANK GOD IT'S

★ Selections marked with a star are not available in reel tapes

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If you wish to receive the Selection of the Month or the Special Selection, you need do nothing—it will be shipped automatically. If you prefer an alternate selection, or none at all, simply fill in the response card always provided and mail it by the date specified.

You will always have at least 10 days in which to make your decision. If you ever receive any Selection without having had 10 days in which to decide, you may return it at our expense, for full credit.

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After completing your enrollment agreement (by buying 9 selections within 3 years), you may cancel membership at any time. If you decide to continue, you'll be eligible for our money-saving bonus plan.

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Columbia House
1400 North Fruitridge Avenue
Terre Haute, Indiana 47811

If the application is missing, please write to Columbia Record & Tape Club, Dept. B3E-JG, Terre Haute, Ind. 47811

continued from page 146

Decorating with crafts

four strips in half lengthwise, and piece together with mitered corners. Pin the top to the backing and insert the border, folded edge out, so that 1 inch of the border is exposed between the top and the backing. Using ½-inch seams, sew along three sides, and insert a zipper in the fourth side. Insert the pillow.

7. *To cover lamp:* Piece together a 15-inch square of dyed fabric strips (or size to adequately cover lampshade). Fold strips of contrasting color in half lengthwise and stitch to the edges to form a border. Line with backing fabric. Cut a hole in the center of the square, finish the raw edges, and drape the square over the lamp.

Piece dyed fabric strips equal to 1½ times the length of the lamp cord. Fold in half lengthwise, right sides facing, and sew a 1-inch-wide casing. Turn right side out; shirr the fabric on the cord.

8. Piece dyed fabric strips together in desired pattern to form yardage for making curtains, window shade, and chair cushion covering.

RUG HOOKING, page 90

Materials and equipment for completing this rug may be ordered directly from *Better Homes and Gardens* (see page 139).

(Finished size of rug shown is 46x68 inches.)

Materials: 56x78-inch piece of heavy-weight natural-colored burlap; approx. 130 oz. acrylic worsted-weight rug yarn; purchased rug hooking frame, or similar frame constructed from 1x2-inch lumber or artists' stretcher strips; rug hooking needle; liquid latex for backing; black *permanent* felt-tipped marker; 4x6-ft. sheet of plywood; nails; worn paintbrush.

Note: Several types of rug *punch needles* are currently on the market. Our rug was hooked with a crank-type "eggbeater" needle that enables you to hook about one square foot per hour after you have become proficient. Other needles are hand-controlled, and you have to position and punch each loop one at a time.

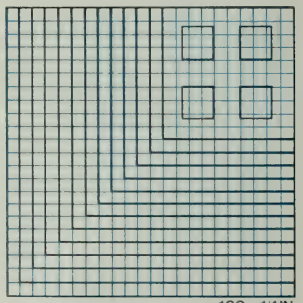
Our rug was made of acrylic worsted-weight rug yarn. Other yarn of various weights and fiber content is also suitable for hooking yarns as long as it is tightly spun. Make sure that whatever yarn you use is suitable for the needle you are using. If you intend to use the rug as a wall hanging, you may choose to use leftover amounts of acrylic knitting worsted.

Instructions:

Note: The striking color impact of our rug is achieved by selecting contrasting colors of yarn. To duplicate our color scheme, work the stripes of every other square in dark colors with one or two accent stripes of a light color. Work the remaining squares in pastels, with dark accents. This arrangement forms a pattern of dark and light diagonal lines.

For more folk art rug designs, refer to *American Hooked and Sewn Rugs,* by Joel and Kate Kopp (E.P. Dutton Co., Inc., 2 Park Avenue, New York, N.Y. 10016) $8.95, paperback.

1. Cut a piece of burlap to finished size, plus a 5-inch margin all around.



If desired, adjust the size of the rug in 5½-inch increments to fit the space you have.

2. Using a *permanent* black felt-tipped marker, draw a grid of 5½-inch squares on the burlap. The rug shown is 12 squares long and eight squares wide. Draw a 1-inch border around the edge. Enlarge the pattern above to size and transfer to each square of the grid, making sure all the squares run the same direction (see photo, page 91).

3. Secure a section of the burlap to a rug frame, making sure the grain lines are straight. The side facing you (with the pattern on it) will be the *back* of the rug.

4. Following the manufacturer's directions, thread the yarn needle and adjust the loop height to the desired thickness. Changing yarn colors as necessary, hook the outer stripes of the squares first. Then, work the four "dots" within the smaller square. Finally, fill in the area surrounding dots. Work any border that falls within the frame in black.

5. When you have completed the area within the frame, unfasten the rug. Reposition an unworked area in the frame adjacent to the area just worked, and secure in the frame. Continue filling in squares until all are completed. Remove the rug from the frame.

6. With the right side down, nail burlap edges to a piece of plywood every 1½ inches. Using a worn paintbrush or a piece of heavy cardboard as a spreader, apply liquid latex generously to the back. Latex keeps the loops from unraveling and makes the rug skid-proof. Let the latex dry.

7. Remove the nails from the plywood. Trim the burlap edges to 1½ inches. Double-fold the edges under and "glue" to back with liquid latex.

BIBLIOGRAPHY:

For additional information on working with stained glass, consult the following sources:

French, Jennie, *GLASS-WORKS, The Copper Foil Technique of Stained Glass,* Van Nostrand Reinhold Company, N.Y., N.Y. $5.95.

Gick, James E., *Creating with Stained Glass,* Gick Publishing, Inc., Laguna Hills, Calif. $4.00.

Mollica, Peter, *Stained Glass Primer, Vols. 1 and 2,* Mollica Stained Glass Press, Berkeley, Calif. $3.95.

Isenberg, Anita and Seymour, *How to Work in Stained Glass,* Chilton Book Co., Radnor, Pa., $8.95.

For additional information on making hooked rugs, and other rug-making techniques, consult the following sources:

Ketchum, William C., *Hooked Rugs,* Harcourt Brace Jovanovich, N.Y., N.Y., $14.95.

Moshimer, Joan, *The Complete Rug Hooker—A Guide to the Craft,* New York Graphic Society, Boston, Mass., $14.50.

Simmons, Sue, *Creative Rug Making,* Henry Regnery Company, Chicago, Ill. $6.95. ■

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eat looking.
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Fashion by John Anthony

Regular and Menthol, 17 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report May 1978.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

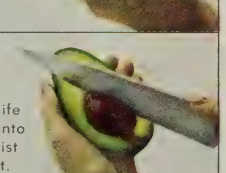
A Few Simple Lessons about Avocados from the American Egg Board



For half-shells: Halve avocados lengthwise.



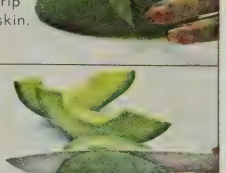
Twist gently to separate halves.



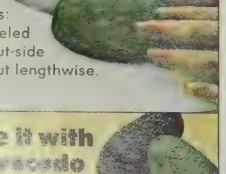
Whack a sharp knife directly into seed; twist to lift out.



To peel: Place cut-side down; strip or pare skin.



For slices: Place peeled halves cut-side down. Cut lengthwise.



SHOPPING

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS—PEANUT BUTTER PENUCHE
Page 18 (left): Pitcher—Schmid Brothers, Inc., 55 Pacella Park Dr., Randolph, Mass. 02368. Bowls—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830.

FAST FISH ENTRÉES
Page 30 (bottom): Silver place setting "Modern Antique"—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421. Plate—Mitteldorfer-Straus, Inc., 41 Madison, N.Y., N.Y. 10010.
Page 31: Platter—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021.

ENERGY-SAVING PROJECTS YOU CAN BUILD
Page 32: Cedar strips "Wall of a Sudden"—Abitibi Corp., Building Products Div., 3250 W. Big Beaver Rd., Troy, Mich. 48084. Sofa "Shadow Ranch"—Sherrill, P.O. Drawer 189, Hickory, N.C. 28601. Chairs—Angelo Donghia designs for Valentine Seaver Div., Kroehler, 222 E. Fifth Ave., Naperville, Ill. 60540. Print—WAW Graphics, 5211 W. Adams Blvd., Los Angeles, Calif. 90016. Table—Kwan Yuen Co. Inc., 837 N. Spring St., Los Angeles, Calif. 90012. Rug—Import Specialist Inc., 82 Wall St., N.Y., N.Y. 10005.
Page 33 (right): Paneling "Weathered White Barnplank"—Georgia-Pacific Corp., 900 S.W. Fifth Ave., Portland, Ore. 97204. Print "Benjamin Franklin Yoe & Son" by Joshua Johnston—New York Metropolitan Museum of Art, Fifth Ave. at 82nd St., N.Y., N.Y. 10020.
Page 34: Insulated shade "Window Quilt"—Appropriate Technology Corp., P.O. Box 975, Brattleboro, Vt. 05301. Track lights—Halo Lighting Div., McGraw Edison Co., 400 Busse Rd., Elk Grove Village, Ill. 60007. Print—Dick Meng & Assoc., 6601 Lautrec Place, Palos Verdes, Calif. 90274. Table—Work Bench, 470 Park Ave. South, N.Y., N.Y. 10016. Vinyl flooring—Eden Mfg. Corp., 1074 Home St., Bronx, N.Y. 10459.
Page 35 (right): Fabric "Dickey Birds"—Geraldine Fabrics, Gere Kavanaugh Designs, 1228 Selby Ave., Los Angeles, Calif. 90024.

DECORATING: MORE SPLASH THAN CASH
Page 36 (bottom): Palm tree panel—Fabrications, 146 E. 56th St., N.Y., N.Y. 10022. Sofa—Thayer-Coggin, Inc., 427 So. Rd. High Point, N.C. 27262. Sisal rug—Import Specialists, 82 Wall St., N.Y., N.Y. 10005. Paper light sculpture—George Kovacs, 831 Madison Ave., N.Y., N.Y. 10021. Ny chair—Trend Pacific, Inc., 2817 S. Hill St., Los Angeles, Calif. 90007. Cube—Raymor/Richards, Morgenthau, 41 Madison Ave., N.Y., N.Y. 10010.
Page 36-37: Wire shelving system and folding chair—Carefree Livin', 41 Madison Ave., N.Y., N.Y. 10010. Fabric chairs—Crawford Mfg. Co., 3rd & Decatur Streets, Richmond, Va. 23261. Hanging "flute" lamp—Raymor/Richards, Morgenthau (address above). Rug—Import Specialists (address above).
Page 38: Wool upholstery fabric—Kap-Pel Fabrics, Inc., 1206 Broadway, Kansas City, Mo. 64105. Wool shade fabric—H. Lynn White, 8208 Nieman Rd., Lenexa, Kans. 66214.
Page 39 (top): Window shade fabric, chair pad covers, and table runners—Marimekko Inc., 555 Madison Ave., N.Y., N.Y. 10022. Tableware, flowerpots—Ingrid Ltd., 5547 N. Ravenswood, Chicago, Ill. 60640. Table—Workbench, 470 Park Ave. So., N.Y., N.Y. 10016. (Bottom): Fabric for frames—International Print Works, 110 Gould St., Needham, Mass 02194. Lamp—Knob Creek, P.O. Box 995, Morganton, N.C. 28655.
Page 40: Sheets for curtains and bed "Litchfield"—Springmaid, Spring Mills, Inc., 104 W. 40th St., N.Y., N.Y. 10018. Lamp—Tyndale, Inc., 41 Madison Ave., N.Y., N.Y. 10010.
Page 41 (top): Plastic storage bins: Alfred Fein Sales Corp., 225 Fifth Ave., #1139, N.Y., N.Y. 10010. "Sky Serpent" kite—Synestructics, Inc., 9559 Irondale Ave., Chatsworth, Calif. 91311. Zoodleland Owl Play Desk—Kusan, Inc., 3206 Belmont Blvd., Nashville, Tenn. 37212. GRT Explorer—Kusan, Inc. (address above). (Bottom): Matchstick blinds—Sears, Roebuck & Co., Sears Tower, Chicago, Ill. 60684. Lamp—George Kovacs (address above). Chair—Thomasville Furniture Ind. Inc., P.O. Box 339, Thomasville, N.C. 27360.

CRAFTS TO DECORATE YOUR HOME
Pages 86-87: Technical assistance—Boesen's Glass-crafts, 543 28th St., Des Moines, Iowa 50312. Towel and pot holder "Flatware Silhouette"—Rudi Gernreich for Barth & Dreyfuss of Calif., 2260 E. 15th St., Los Angeles, Calif. 90021. Red and white tray—Conran's, The Market at Citicorp Center, 160 E. 54th St., N.Y., N.Y. 10022. Dishwasher—Maytag, 403 W. 4th St., N., Newton, Ia. 50208. Kitchen cabinets—Crystal Cabinet Works, 332 5th Ave., S.E., Osseo, Minn. 55369.
Pages 88-89: Hanging lamps—Conran's (address above). Rug—Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022. Wicker chair—Walter's Wicker Wonderland, 991 Second Ave., N.Y., N.Y. 10022. Stuffed animals—Gazebo, 660 Madison Ave., N.Y., N.Y. 10021. Painting—Art-Lore, Inc., 119 W. 25th St., N.Y., N.Y. 10001. Furniture (reading table)—Paul Hanson Co., Inc., 10 Commerce Ave., Carlstadt, N.J. 07072. Blue/white china—Crownford Giftware Corp., 225 Fifth Ave., N.Y., N.Y. 10010.
Pages 90-91: "Fiskars" scissors—Normark, 1710 E. 78th, Minneapolis, Minn. 55423. Print Pillows—Crate & Barrel, 190 Northfield Rd., Northfield, Ill. 60093. Punch needle—Norden Crafts, P.O. Box 1, Glenview, Ill. 60025.

CENTERS TO STREAMLINE ANY KITCHEN
Page 92: Cooktop—Jenn-Aire Corp., 3035 Shadeland, Indianapolis, Ind. 46226. Sink—Elkay Mfg. Co., 2700 South 17th Ave., Broadview, Ill. 60153. Flooring—American Olean Tile Co., 1000 Cannon Ave., Lansdale, Pa. 19446. Counter top—WilsonArt, 600 General Bruce Dr., Temple, Tex. 76501. Table—Workbench, 470 Park Ave. South, N.Y., N.Y. 10016. Chairs—Claude Bunyard Design, Space 1149, Merchandise Mart, Chicago, Ill. 60654. Dinnerware "Volcano"—Noritake, 41 Madison Ave., N.Y., N.Y. 10010. Wooden spoon rack—Primitive Artisan, 225 Fifth Ave., N.Y., N.Y. 10010. Flatware "Metro"—Bob Van Allen, Stanley Roberts, Inc., Room 21C, 41 Madison Ave., N.Y., N.Y. 10010.
Page 93: Pots and pans—Descoware, General Housewares Corp., P.O. Box 4066, Terre Haute, Ind. 47804. Canisters—Hammarplast, 212 Fifth Ave., N.Y., N.Y. 10010. Chicken fryer—Wearever Aluminum, Inc., 1089 Eastern Ave., Chillicothe, Ohio 45601. Oven—Thermador, Norris Thermador Division, 5119 District Blvd., Los Angeles, Calif. 90022. Refrigerator—Frigidaire, Division of General Motors, 300 Taylor St., Dayton, Ohio 45401.
Page 94: (Roll-around center) Glasses—Ingrid Ltd., 225 Fifth Ave., N.Y., N.Y. 10010. Plastic laminate—WilsonArt, 600 General Bruce Dr., Temple, Tex. 76501. (Bake center) Hardware—Amerock, 4000 Auburn Street, Rockford, Ill. 61103. (Plant center) Wineglasses—Denby Ltd. Inc., 41 Madison, N.Y., N.Y. 10010. Dessert dishes—Reco, 138 Haven Ave., Port Washington, N.Y. 11050.
Page 95: (Planning center) Pencil mug—Heller Designs, Inc., Mamaroneck, N.Y. 10543. (All-purpose center) Curtain—Marimekko, 555 Madison Ave., N.Y., N.Y. 10022. Rolling pin—Lauffer Co., Inc., Belmont Drive, Somerset, N.J. 08873. Pots and pans—West Bend, P.O. Box 278, West Bend, Wis. 53095. Yellow pots—Regal Ware, Inc., 1675 Reigle Dr., Kewaskum, Wis. 53040.

THE GOOD HEALTH FOOD GUIDE
Page 96 (top right): Soup bowl—Metlox Potteries, 1200 Morningside Dr., Manhattan Beach, Calif. 90266. (Bottom right): Soufflé dishes—Gense Import Ltd., 252 Livingston St., Northwale, N.J. 07647.
Page 97 (top center): Rectangular dish—Mitteldorfer-Straus, Inc., 41 Madison Ave., N.Y., N.Y. 10010.
Page 98 (bottom right): Bowl "Domino"—Royal Copenhagen Porcelain Corp., 8 Westchester Plaza, Elmsford, N.Y. 10523.
Page 100 (bottom): Pitcher "Nob Hill Rocks"—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, Ohio 43693.
Page 103 (bottom right): Platter—Royal Copenhagen Porcelain Corp., 8 Westchester Plaza, Elmsford, N.Y. 10523. (Bottom left): Dish—Bolton & Hay, 2701 Delaware, Des Moines, Iowa 50317.

PRIZE TESTED RECIPES
Page 112 (left): Round platter—Fitz & Floyd, 1371 Round Table Dr., Dallas, Tex. 75347. (Right): Plate—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021. Small plate, cup, and saucer—H.E. Lauffer Company, Inc., Belmont Drive, Somerset, N.J. 08873.

CORRECTION

IF YOUR WHITE SAUCE DIDN'T WORK . . . you may have already caught our error on page 130 of the October, 1978, issue. The recipe for Medium White Sauce should read: *Blend in saucepan: ¼ cup butter and ¼ cup flour.* Due to a mechanical error, the butter did not appear in print in many of the issues. We regret any inconvenience this may have caused.

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The Avocado Omelet

1 serving

2 eggs
2 Tbsp. water
¼ tsp. salt
1 Tbsp. butter
½ ripe California avocado, peeled and sliced
¼ thin slices tomato
½ cup alfalfa sprouts
2 Tbsp. plain yogurt
1 Tbsp. chopped walnuts.

Mix eggs, water and salt. Heat butter in 8 inch omelet pan until hot. Pour in egg mixture, which should set at edges at once. Carefully push cooked eggs to center, tilting pan occasionally, so uncooked eggs can flow to bottom. While top is moist and creamy looking, arrange all but two slices of avocado, tomato slices and sprouts on half of omelet. Fold omelet over filling and turn out onto plate. Top with 2 avocado slices, yogurt and nuts.

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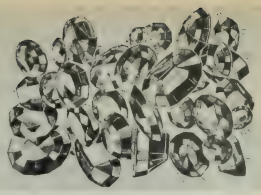
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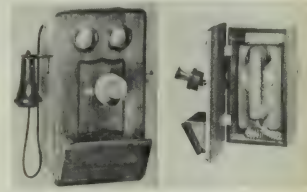
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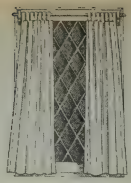
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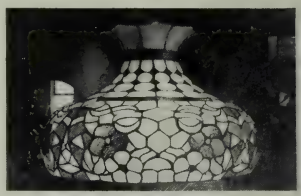
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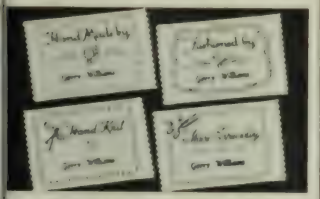
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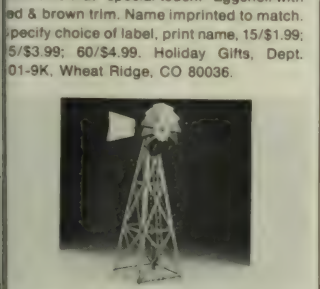
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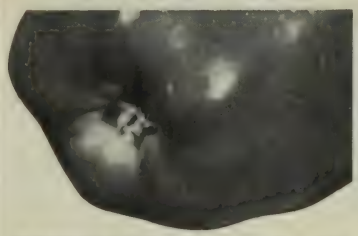
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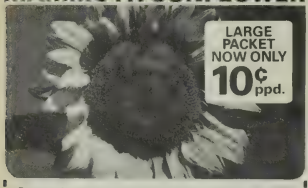


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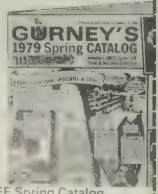
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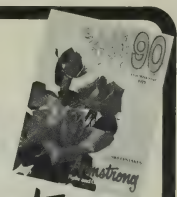


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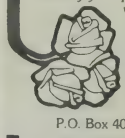
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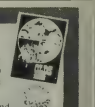
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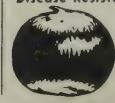
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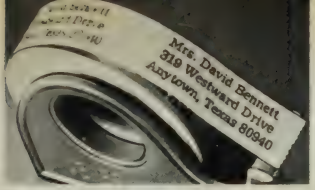
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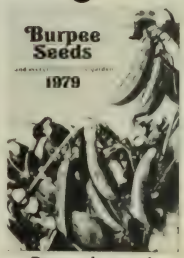
Comes in natural rattan. Holds books, knick-knacks, beauty aids on two sturdy wood shelves. 15" x 7" x 18" high. $13.95 + $2 postage. Painted white, yellow, green add $3. Cat. 25¢. Fran's Basket House, Dept. BH-1, Rt. 10, Succasunna, NJ 07876.



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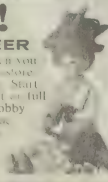
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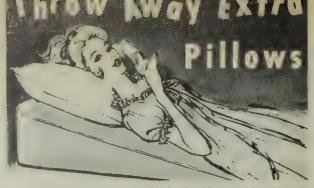
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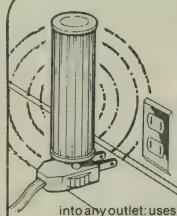
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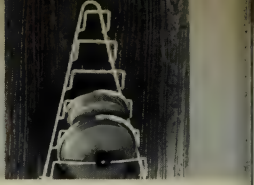
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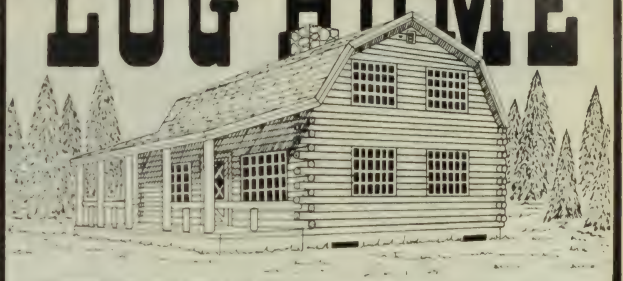
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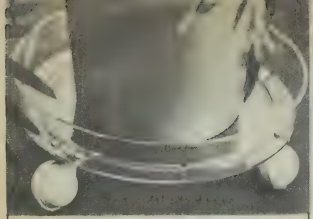
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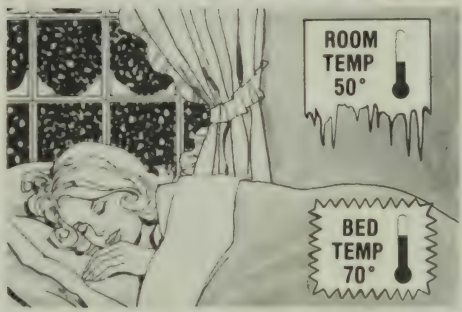


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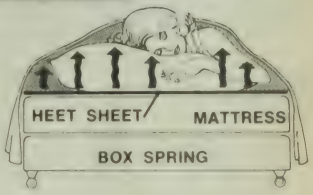
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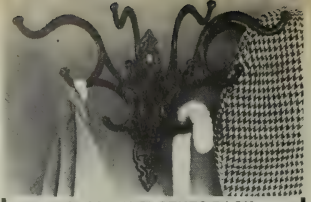
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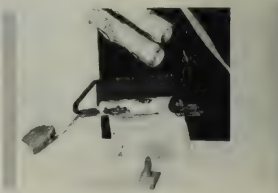
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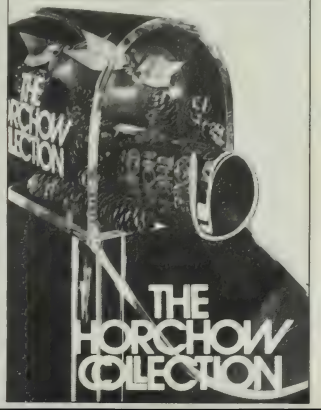
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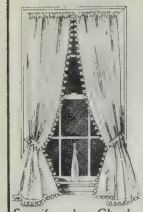
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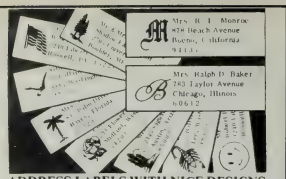


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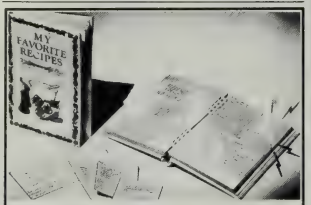
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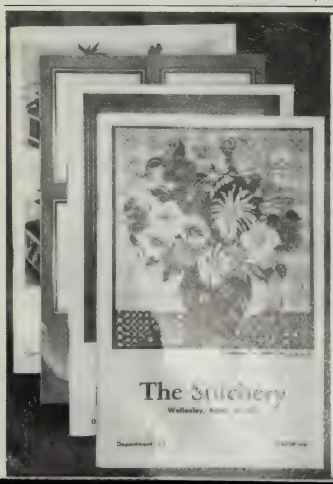
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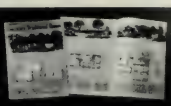


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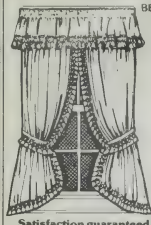
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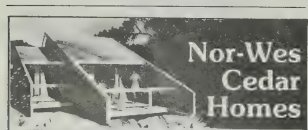


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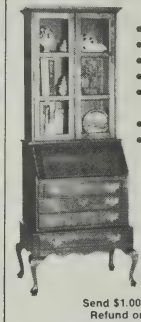
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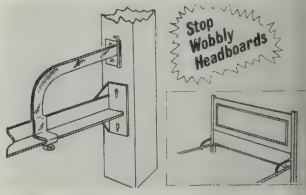
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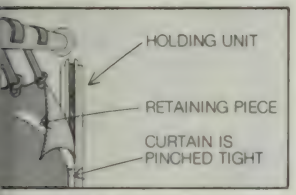
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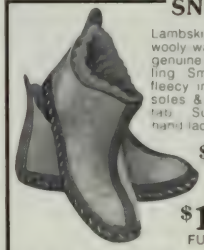


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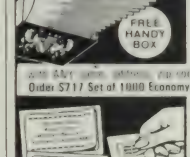


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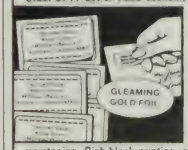


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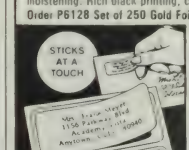
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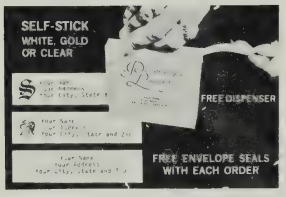
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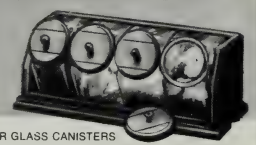
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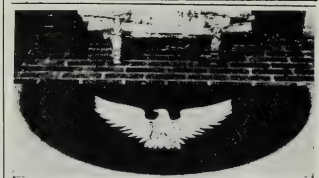
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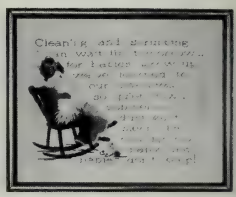
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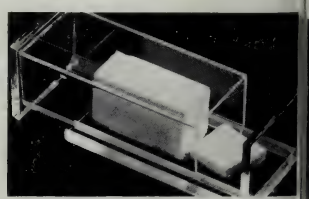
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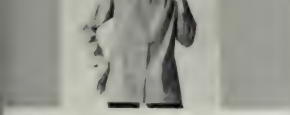
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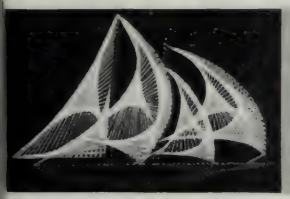
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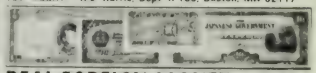
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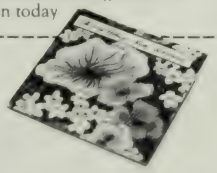


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The Man Next Door®

Jane Cobbs has resumed her exercise program after a year's lapse. According to Jane, the program used to consist of walking and running, but now it's mostly creaking and waddling.

Ken Floyd says he really enjoyed scrounging for firewood, and he would have saved considerable money—if it hadn't been for the chain saw repair bill, the torn jacket, and the cough medicine.

"The major problem with the economy today," reports Congressman Nick Hanfli, "is that the present generation insists upon paying the past generation's debts by borrowing more money for the next generation to repay."

Isabel Norman excitedly reports that she has almost convinced her husband Bill that reduced plane fares and travel bargains make it more economical to take a vacation than to stay home.

"The only thing more difficult for most people than breaking the smoking habit," declares Dr. Bob Hannelley, "is to refrain from telling everyone else how they accomplished it."



According to Dad Hillis, his aging dog has adopted a "live and let live" policy, and Dad says he, too, has grown to be less inclined to bark. In both cases, he wonders whether it's a matter of a changed heart—or a lack of energy.

Pauline Schmidt admits to telling a little white lie, but she figures it was justified. When her children steadfastly refused to eat broccoli, she tried chopping it a different way, exclaimed over the "new Chinese vegetable," and wound up with a tableful of conspicuous consumers.



"Say, this is a simplified tax return! '(1) How much money do you have? (2) Send it to us.' "

Dot Dresh is engaged in something interesting, but we don't know whether it's sculpture, ceramics, or window framing. All we know is that when Chris phoned, the baby-sitter said, "She's gone to one of those putty classes."

I've never been particularly fond of new year's resolutions. Like last week's football scores, their significance fades and they are very easily forgotten.

Still, I'm convinced that a person seldom accomplishes anything worthwhile unless he knows where he's going. That's why I mentally prepare an annual budget of my time and talents, and select three or four goals I particularly want to reach during the year.

Last year, for example, one goal was to work more closely with the children in their school and home activities. Another was to redo the landscaping around the house during the summer. A third was to pursue a leadership role in the civic club to which I belong.

At the end of the year, I found I had accomplished all of these things with reasonable success. And not too surprisingly, some of these activities led me into new experiences, new friendships, and some new opportunities that hadn't entered my mind when the goals were set.

I've sometimes wondered why anyone who could so easily dismiss new year's resolutions would rely so heavily on annual goals. But Uncle Dodd Buckner thinks it's just terminology.

"Most people put too much emphasis on 'new year's' and too little on 'resolution,' " he said the other evening. "The new year can't do a thing for you, but you can resolve to do something with the new year."

He's right, of course, and I'm in favor of dropping the words "new year's." This year, I'm calling my list of goals "The Burton Hillis Resolutions."

I doubt that my approach will change the world, but a personal label just might make annual resolutions more productive. At least it would be clear where the responsibility lies.

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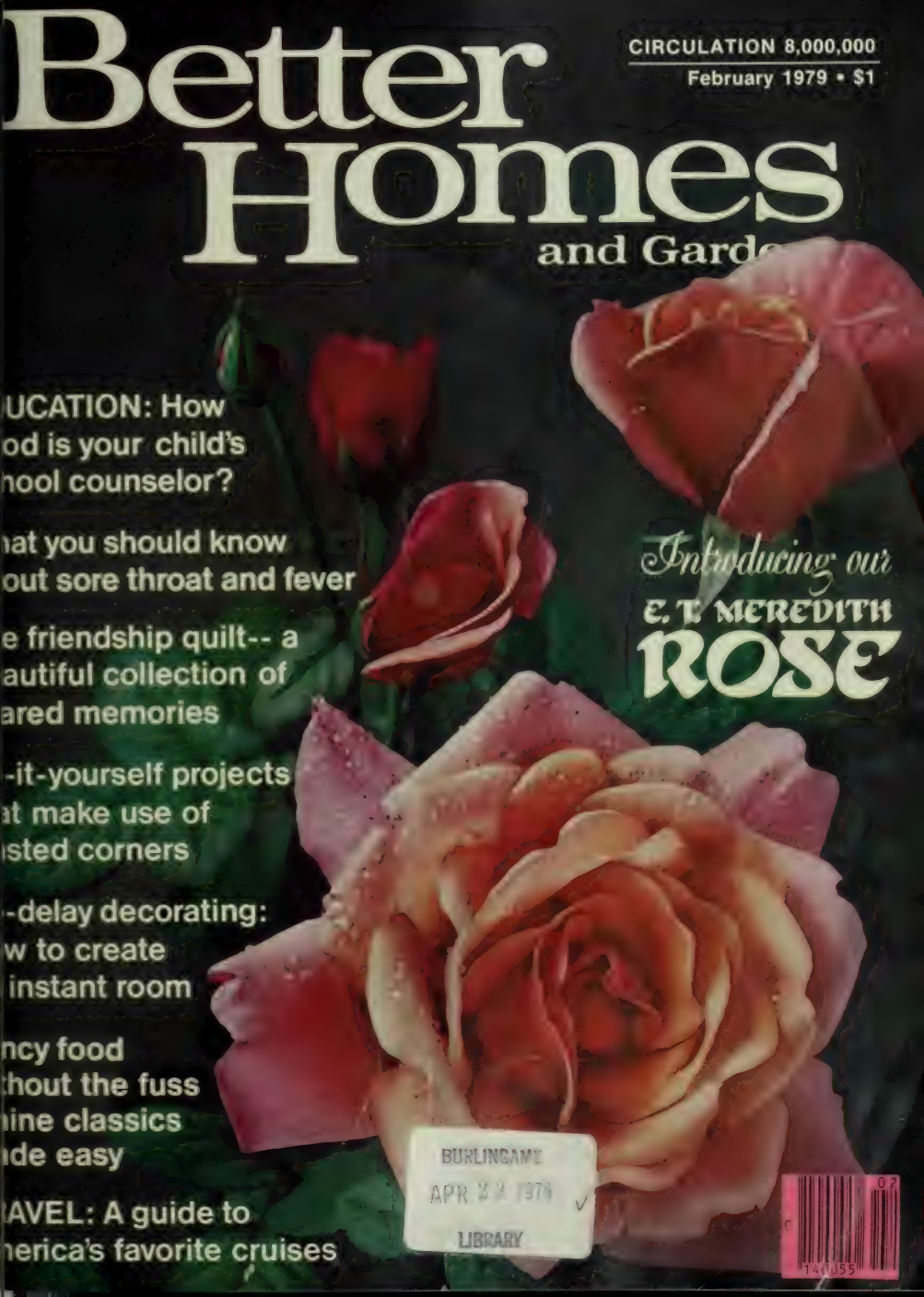
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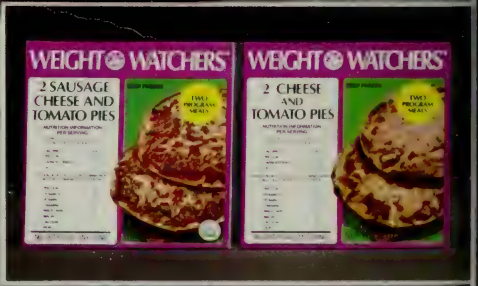
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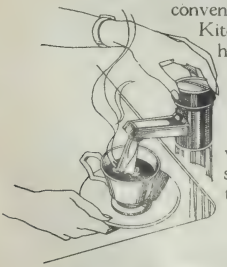
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When a child faces hospitalization

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HOW GOOD IS YOUR CHILD'S SCHOOL COUNSELOR?

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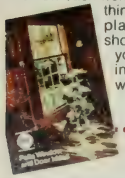
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Carolyn Kinnaird

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What you should know about sore throat and fever

Uncomfortable though they are, sore throat and fever usually signal nothing more than a head cold or the flu. But these common symptoms can also warn of far more serious problems. Here's a rundown on what to watch for when you have a sore throat and fever and how to treat them.

Sore throat

Sore throat heads the list of reasons why people make a first visit to the doctor, according to the latest National Ambulatory Medical Care Survey conducted by the Public Health Service.

Most sore throats are what doctors call self-limiting; that is, eventually they'll go away by themselves.

A sore throat frequently accompanies a cold, flu, or other viral infection.

Cold, dry winter air can aggravate a sore throat, as can excessive mouth breathing.

What to do at home

As soon as your throat becomes sore, try nonprescription throat lozenges or gargle with a mixture of a half teaspoonful of table salt in a half glass of warm tap water, every two to three hours. Take two aspirin tablets every four hours. Keep warm, drink plenty of fluids, and rest; if you also have a fever, it may be advisable to stay home from work (or school) for a day or two.

Continue this treatment for 48 hours, taking your temperature two to four times a day. If you just have a cold, your temperature (taken orally) probably won't go above 100 degrees Fahrenheit, and the sore throat will be accompanied by sneezing, sniffles, and other cold symptoms.

When to call the doctor

The degree of soreness is not necessarily an indication of the gravity of the illness. A simple head cold may produce a very sore throat; a more serious ailment, only slight soreness. Call your doctor when:

- A sore throat interferes with talking, breathing, and swallowing.
- Even a mild sore throat lasts several days or recurs several times.
- If you see pus or white or grayish membrane on the back of the throat.
- If the sore throat is accompanied by tender and swollen glands.

Delaying a call to your doctor may allow a more serious illness to become firmly entrenched. One example is strep throat, which is caused by the streptococcus bacterium. Initial symptoms are usually severe: The throat isn't just sore, but fiery red and swollen, and temperature can soar to 105 degrees. Positive diagnosis is made only by laboratory examination of throat secretions. Treatment consists of antibiotics to eliminate the organism from the nose and throat and to prevent the infection from spreading to other parts of the body. If your doctor prescribes an antibiotic, be sure to take it all (usually for ten days). If strep is not eradicated, it can (in some persons) lead to severe heart or kidney disease, or rheumatic fever.

Fever

The fever that often accompanies sore throat may start with a chill. Then, as the patient's temperature climbs, he may complain of nausea, loss of appetite, weakness, and headache. Meanwhile, the body fights back to keep cool—the face becomes red and flushed as surface blood vessels dilate to aid the cooling process, the patient begins to sweat, and the heart rate automatically increases to speed up blood flow.

Doctors say fever is not the great evil most of us think it is. Fever is part of the body's early-warning system, and watching the way a fever behaves helps doctors diagnose the problem.

Usually fever is a sign that the body's defenses are in good working order and are doing their job of fighting off infection. But obviously, fever shouldn't be ignored or neglected.

A high temperature in children can be frightening but the degree registered on the thermometer doesn't necessarily indicate the gravity of the illness. In infants, a temperature of 104 or 105 degrees may be caused by a minor infection. A child's fever also may mean that he's building up resistance to an infection he hasn't been exposed to before. If your child's temperature (or yours) climbs above 102 degrees, however, call your doctor for advice.

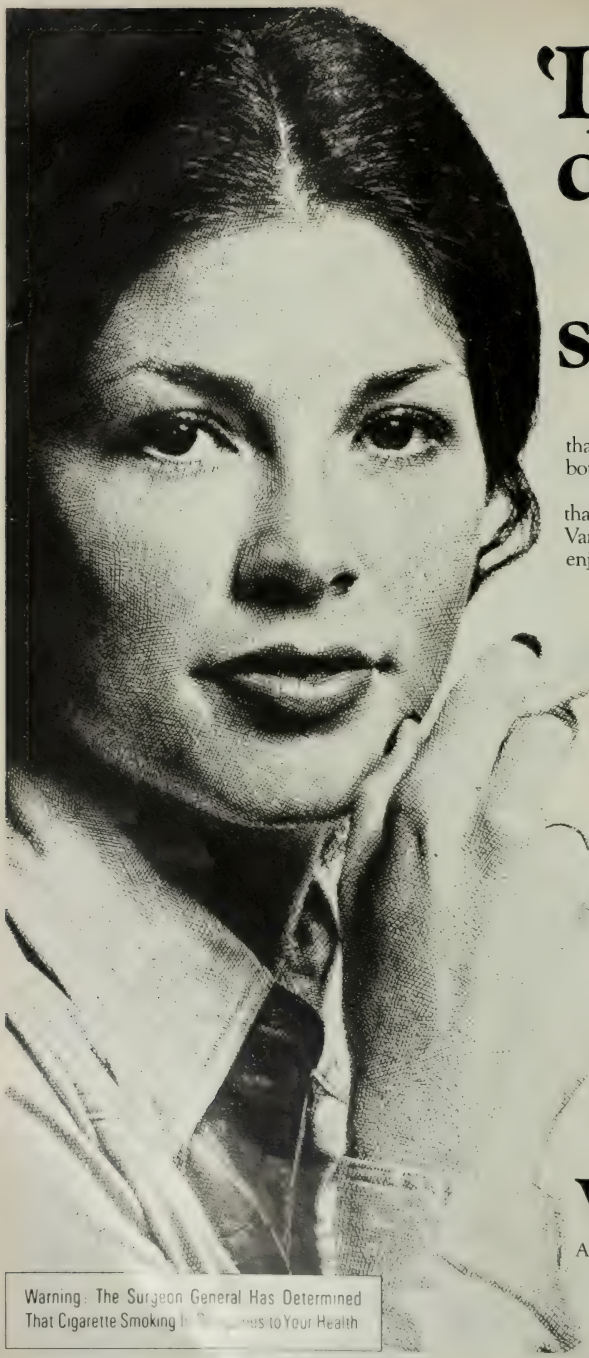
Call your doctor, too, if a temperature daily goes from normal to feverish and back to normal.

Among the best ways to treat most fevers at home are to:

- Use aspirin, according to directions on the bottle. (Check with your family physician for children's dosage.)
- Suck on ice chips, sherbet, or other frozen liquids like Popsicles if nausea makes it difficult to keep fluids down.
- Increase your intake of easily digestible solid food. But don't force yourself to eat if you're not interested.
- Dress lightly and use light bed covers.
- Take a sponge bath with lukewarm water. A little rubbing alcohol added to the water will make you (or your patient) more comfortable. ■

Drawing: Hired Hand

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EDUCATION Margaret Daly

HOW GOOD IS YOUR CHILD'S SCHOOL COUNSELOR?

Once a student's course through the educational system was charted solely by loving parents and concerned teachers. It's not that simple in today's complex society.

For one thing, many parents who want to help their children are frustrated by the educational bureaucracy. Others—often through indifference—don't even try to play an active part in their youngsters' progress through school.

As for teachers, few have the time to keep up to date with their subjects *and* all the shifting regulations that govern college placement, financial aid, and career selection. What's more, it's almost too much to expect a teacher to stay up to date on the latest teaching techniques *and* the newest methods of identifying children with special needs—much less know how to best handle those special and important needs.

The way most school systems have chosen to meet such demands is with a guidance and counseling program designed to help parents, teachers, and students make the many difficult decisions that affect the child's future. In many schools, the programs now are so solidly entrenched that many students go through the counseling process at least twice a year. (That "solid" entrenchment often disintegrates with budget cuts, however. Guidance and counseling programs are often the first to go in times of tight school budgets.)

If you graduated from high school before about 1960, chances are the only school counselors you've known are your child's. Some school systems did have counseling programs in the 1930s, but guidance programs didn't come into their own until the late 1950s, after the Russians launched Sputnik. As Americans started demanding scientific equality with the Russians, the government responded by pouring money into the schools in an attempt to identify gifted students and to correct deficiencies in the educational system. That effort—helped by new theories about the growth and development of the individual—led to the key role now played by counselors in many schools.

A counselor (especially a popular, charismatic one at the junior or senior high school level) can have considerable influence—good or bad—on the student and the shaping of his or her advanced education, career selection, and adult life. It's up to you to know just exactly what information and services your child's counselor is providing and how to make sure you're getting the most from them.

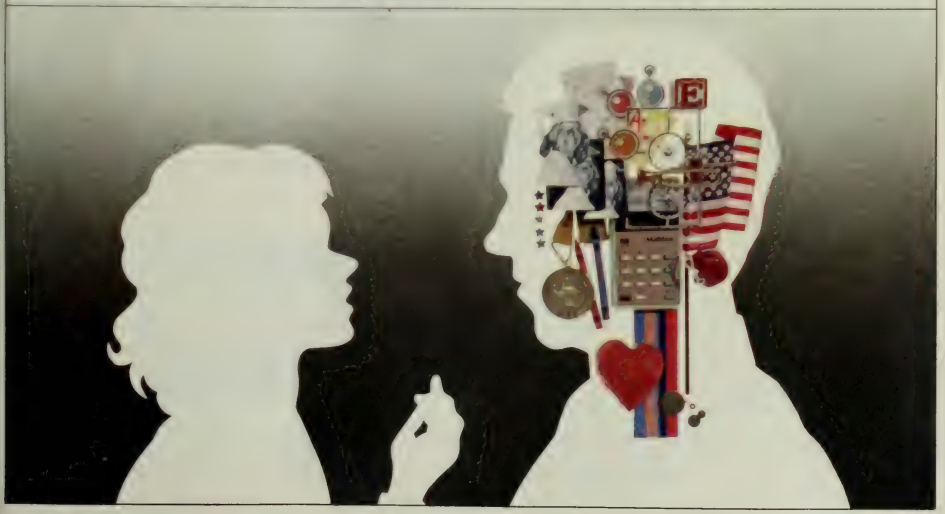
What counselors do

School counselors do not make decisions for you or your child. Instead, counselors provide direction by suggesting alternatives from which you, your child, or a teacher can choose.

Professional guidance programs are a regular part of most school systems. Responsibilities often include diagnosing learning disabilities, identifying gifted children, and helping older students apply to colleges or choose from thousands of careers in a complex job market.

continued

Photo: Bill Hopkins



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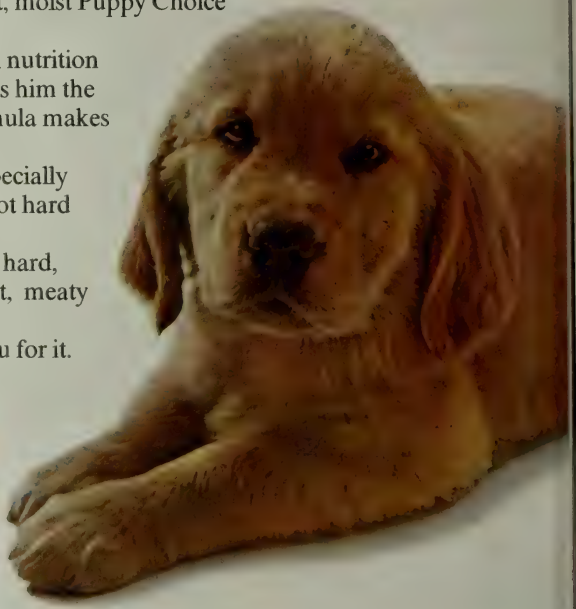
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continued

HOW GOOD IS YOUR CHILD'S SCHOOL COUNSELOR?

Most of the first school counselors concentrated on vocational guidance. But, during the growth phase of school counseling (the late '50s and '60s) the emphasis turned to identifying special students—gifted students, potential college students, or students with emotional or physical problems. But where counseling once may have been associated with categorizing students and dealing with "problem" students, today's counselors focus on enhancing a child's personal development and defusing potential problems.

Also, today's counselors assume different roles at different stages of your child's education. For a beginning reader who is having trouble, for example, the counselor might recommend special classes; for a sophomore, the counselor might suggest elective courses; and for a senior, the counselor might assist in applying for college financial aid.

Counselors don't always work just with the individual students. Some counsel students in group discussions concerning how to get along with others, how to make decisions, or how to develop a sense of identity. Other counseling groups may discuss such common situations as illness, death, or divorce.

Not all counselors work solely with students, either. In some school systems, counselors lead workshops for teachers and parents on communications skills or child development. Counselors frequently consult with teachers, administrators, and parents about interpreting test scores or handling behavior or learning problems. Often, counselors provide a liaison between schools and community agencies.

Today's counselor also may coordinate and schedule the many tests your child will take (including ones designed to detect learning disabilities and vocational aptitudes). The counselor interprets the scores, and if special services are needed, organizes a conference with parent, teacher, principal, and a specialist in the area of concern. In addition, the counselor



keeps the official, cumulative records of the child's progress and makes regular reports to those involved—parents and teachers alike.

School counselors may provide students with information about part-time jobs. Also, several states require high school counselors to maintain a job placement service for dropouts and graduates.

Counselor duties vary widely from district to district and even within districts. In some schools, counseling services are organized by specialties—one staff person is assigned to personal crises, another to academic planning, another to learning handicaps, another to career guidance, etc. In other schools, all counselors perform all functions, and students are assigned to counselors according to grade level or in alphabetical order. Sometimes a counselor is assigned to a group of teachers and works with them and their students. Frequently, counseling services are bolstered or integrated with those of other specialists in the schools, such as a psychologist, social worker, or nurse. (The combined services are labeled "pupil"services in many schools.)

Unfortunately, the roles of some counselors are not clearly defined. Also, some school systems stick counselors with lots of paperwork and little opportunity for the kind of personal guidance and counseling that can bring the best results.

Your child may encounter several counselors in his or her school years. Here are some examples of the types of counseling at different levels of the educational ladder:

- **Elementary school** counselor: An estimated 10,000 elementary school counselors are employed at the elementary level (kindergarten through sixth grade) in all 50 states. In some school districts, one counselor may serve several schools on a circuit-riding schedule.

  Elementary school counselors work to detect and resolve behavioral, developmental, and learning problems in their early stages. These counselors often have less paperwork than their counterparts in the upper grades who are responsible for scheduling changes and career guidance. Sometimes elementary school counselors make home visits to help family and school work closely together.

- **Junior high** students may, for the first time, encounter as many as seven different teachers, each with different personalities and classroom rules. The experience can be overwhelming. Junior high counselors help orient students to the new situation, offer career guidance, and assist in course selection. Good counselors also make themselves available to students who need to talk about the crises of adolescence.

  In junior high, children from various grade schools converge and later disperse to one or more high schools. The junior high counselor serves in a coordination capacity—processing school records, assessing course requirements, and preparing students for enrollment in high school. For example, a counselor may work with parent, student, and high school staff to evaluate placement test scores and help decide at which level a student enters high school courses in foreign language, science, or math.

- **High school** students aiming for college face a complex world of career choices. At this level, the counselor provides information on financial aid, college admission and selection, and

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1 tablespoon sugar
Hot buttered rice

Sauté bacon in large skillet until partially cooked, then sauté onion in same skillet until onion is tender. Remove bacon and onion; set aside. Drain drippings from skillet, reserving 2 tablespoons. Brown chicken in reserved drippings; sprinkle lightly with salt and pepper. Drain excess fat. Combine cooked bacon, onion, tomatoes, 57 Sauce and sugar; pour over chicken. Cover; simmer 40-45 minutes or until chicken is tender, basting occasionally. Thicken sauce with flour/water mixture, if desired. Serve with rice. Makes 4-5 servings (about 2½ cups sauce).

Heinz

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continued

School counselor

national test procedures. High school counselors also help students choose and apply for other programs, such as vocational and technical training or apprenticeships.

The path to post-secondary education today includes several paperwork hurdles and deadlines. A student may have to complete as many as four national or state exams and numerous applications during the last two years of high school. One such financial aid form is 28 pages long.

Besides providing career guidance, high school counselors often take on extra paperwork to keep pace with increasing student records. One job description for a high school counselor lists 47 duties, ranging from writing letters of recommendation, to drug and sex counseling, to simply changing a student's course schedule.

Sizing up counseling services

Although the dimension and quality of counseling vary with each district, there are ways to evaluate the counseling that is available to your child:

- **Job description:** Find out exactly what the counselors are supposed to do in your district. Start by asking your child's counselor, but also look at a job description for counselors in your child's school; a copy should be available at the district's personnel office. Many districts also provide a written plan of "pupil services."

The job description should spell out what the counselor's duties are. Some job descriptions will also state how counselors are evaluated and who supervises the counseling in each school. Note what priorities, if any, are established in the policy. Are most of the counselor's duties concerned with people or with paperwork?

- **Personal inquiry:** As you evaluate a counselor's effectiveness, don't overlook an obvious source of information—your child. He or she will know which counselors are easiest to work with, most accessible, and which have proved to be the most helpful.

Equally good sources of information are teachers, especially the ones you've come to know particularly well and whose judgment you trust.

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continued

School counselor

• **Personal visit:** A good way to assess your school's counseling services is to visit the school. A firsthand look can tell you more than a thousand words—on paper or over the phone. Talking to a counselor in person is a good way to make sure that your child is not overlooked in the shuffle. As one counselor says: "You're very impressed when a parent comes in."

Make an appointment for a visit with your child's counselor. Come prepared with some questions about career selection, test scores, or study habits. Is the counselor genuinely interested in your child or is he preoccupied with forms and folders?

Are you made to feel welcome or are you treated as an intruder? Does the counselor's office permit privacy? What's the counselor's attitude toward other students who may call or stop in while you're there? Does he disclose information about other students?

During this visit, you may ask to see your child's school records. (You have the right to do so by law.) Also ask if the counselor can suggest ways you can help your child with schoolwork. Does the counselor take time to listen to you or to look over your child's records before making any suggestions?

• **Counselor-student ratio:** Many counselors complain they are simply "spread too thin" to do a good job. Estimates for a reasonable student load vary from 150 to 350. Many educators, however, say 150 students is too many for a single counselor, let alone 500 students as is sometimes the case in large high schools.

Although students consider personal contact to be an important element in good counseling, the ideal one-to-one discussion between counselor and student is often not possible. As an alternative, some counselors are trying group counseling (research indicates group counseling is more effective than one-to-one counseling in some cases) and peer counseling (students helping students). If your child is in a program without direct counselor contact, find out how the part-time advisers were trained and whether the program is closely supervised by a professional counselor.

Many counselors keep some record of contacts with students. If you feel your child is not receiving enough assistance, ask the counselor for a progress report after the next meeting or for a report of past sessions.

• **Certification and training:** All 50 states have certification requirements for school counselors, but not all school counselors are certified. In many schools, paraprofessionals, volunteers, or teachers serve as part-time advisers for students, and may be referred to as "counselors."

Certification doesn't guarantee that a counselor is good, just as lack of certification doesn't mean a counselor is bad. Trained counselors, however, are in a position to amalgamate a variety of information and present it to you and your child for action. Even without knowing a student well, a counselor may be able to offer an objective diagnosis and new options. The number of certified counselors also may indicate how seriously school administrators take the function of counseling (or how strapped their budget is).

Certification requirements vary widely from state to

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continued

School counselor

state. There may be two or even three levels of certification—for example, "provisional," "standard," and "professional," depending on the amount of college training and teaching or counseling experience the person has had. Some states require either teaching experience or a state teaching certificate; other states accept work experience outside the counseling field.

At least 28 states now require a master's degree or its equivalent for counselor certification. Almost all states require some supervised practice in school counseling before certification is granted.

The personnel director in your district will tell you which counselors are certified and how much training they have had. You can obtain a description of the certification standards in your state by writing to the certification division or the director of pupil personnel services at the state department of education.

If there's a problem

You may run into some difficulties with counselors from time to time. For example:

- A father was aghast when he read the college admission recommendation written by his gifted son's counselor. The report was poorly constructed and contained many misspelled words. More important, the father felt the report inaccurately assessed his boy's potential and personality.
- A counselor discouraged a high school girl from becoming an accountant because "that's man's work."
- A counselor virtually coerced a youngster into applying to the counselor's alma mater, even though the youngster was keenly interested in the arts and the school offered no degree in those subject areas.

What if something similar to the above examples is happening to your child? What if your son or daughter complains that the counselor is unavailable? What should you do if you think the counselor has misread your child's abilities or personality?

If you have a complaint about a counselor, your first recourse is to talk to the counselor. Schedule a meeting and present your concerns directly. You may find that the counselor is not indifferent, only swamped by paperwork or administrative details. If your meeting does not resolve the problem, then speak to the counselor's supervisor, or the school principal.

Above all, remember that a counselor *does not* make final decisions—you do, or you and your child do. You and your child are always free to disagree with any counselor's advice and to complain about it to the appropriate school administrators, and then if you're still dissatisfied, to work out your own solutions independently.

For more information

If you'd like to know more about the role of counselors and counseling services, write to the American School Counselor Association, c/o American Personnel and Guidance Association, 1607 New Hampshire Ave. N.W., Washington, D.C. 20009. ■

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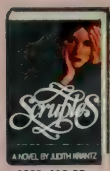
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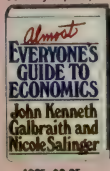
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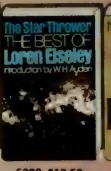
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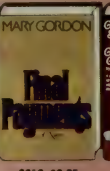
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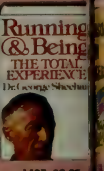
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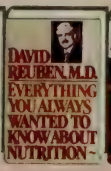
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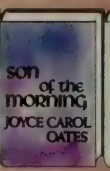
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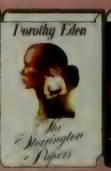
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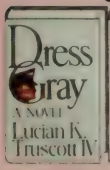


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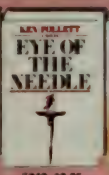
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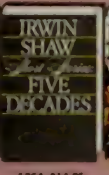
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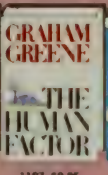
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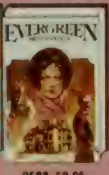
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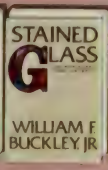
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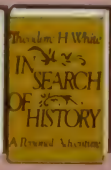
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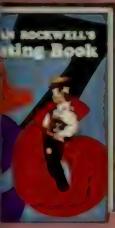
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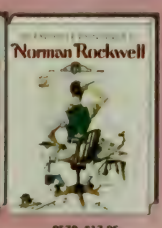
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ARTFUL ALCOVES

Consider yourself fortunate if you live in an older house with recessed window areas. Set off from the rest of a room, these niches make perfect showcases for plants, accessories and collectibles, or favorite furniture pieces. With a simple arrangement like one of these, you can turn a do-nothing space into an eye-catching alcove.



Photographs: Jessie Walker

Right: This window niche was created years ago when the main entrance of the house was moved from the second story to street level. Now housed with an old school desk and a ladder-back chair, the tiny nook serves a practical as well as decorative purpose. Three thriving plants complete the simple but elegant scene.

Below left: A southern exposure supplies ample light for a collection of houseplants in this living room alcove. A modern slate-top table, with two cushioned stools placed beneath, holds a variety of succulents and spider plants. An asparagus fern filters light from the middle window. Plants requiring less light are placed farther into the room or are shaded by other plants.

Below right: Folk art and Early American primitives arranged on and around an old school bench disguise a radiator and make a charming display in this one-window nook. Located in an entryway, the artful alcove never fails to catch the attention of guests. The tall window is dressed in simple country-look curtains.





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HE COOKS

Salmon Quiche





Photographs: Dieter; de Gennaro

Variety is the spice of David Dickson's active life. By profession, he's a personal financial planner, and he divides his leisure hours between snow skiing, bicycle touring, and his favorite at-home pastime—cooking.

Although David enjoys preparing a wide range of dishes, he eats no meat and uses only natural foods. He says, "I'm always on the lookout for good fish, cheese, or egg recipes. Salmon Quiche has proved to be one of the best." David says he received the original recipe from his mother and then went on to make his own changes.

One of the things he likes most about Salmon Quiche is the way he can fit it into his schedule. He explains, "My business, hobbies, and social life keep me very busy, so time is at a premium. I just prepare the crust and refrigerate it ahead of time. Then the filling takes only ten minutes."

SALMON QUICHE

- **1 cup whole wheat flour**
- **⅔ cup shredded sharp cheddar cheese**
- **¼ cup chopped almonds**
- **½ teaspoon salt**
- **¼ teaspoon paprika**
- **6 tablespoons corn or other cooking oil**
- **1 15½-ounce can salmon**
- **3 beaten eggs**
- **1 cup dairy sour cream**
- **¼ cup mayonnaise or salad dressing**
- **½ cup shredded sharp cheddar cheese**
- **1 tablespoon grated onion**
- **¼ teaspoon dried dillweed**
- **3 drops bottled hot pepper sauce**

For crust, combine the whole wheat flour, the ⅔ cup cheese, the almonds, salt, and paprika in a bowl. Stir in oil. Set aside ½ cup of the crust mixture. Press remaining mixture into the bottom and up the sides of a 9-inch pie plate. Bake crust in 400° oven for 10 minutes. Remove from oven. Reduce oven temperature to 325°.

Meanwhile, for filling, drain salmon, reserving liquid. Add water to reserved liquid, if necessary, to make ½ cup liquid. Flake salmon, removing bones and skin; set aside. In a bowl blend together eggs, sour cream, mayonnaise or salad dressing, and reserved salmon liquid. Stir in salmon, the ½ cup cheese, the onion, dillweed, and hot pepper sauce. Spoon filling into crust. Sprinkle with reserved crust mixture. Bake in 325° oven 45 minutes or till firm in center. Makes 6 servings. ■

Buying information, page 167

NOW MORE MONEY FOR YOUR RECIPES!

Men—share your recipes with us. We've doubled the ante for He Cooks feature recipes. If yours is selected after January 1, 1979, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.

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The Friendship Quilt

A beautiful collection of shared memories

By Nancy Lindemeyer

When our former crafts editor, Ciba Vaughan, announced that she was leaving us to become a Parisian shopkeeper, we decided that making a friendship quilt as a farewell gift for her was the perfect way to wish her Godspeed. The project began in the Crafts Department and soon spread throughout the staff. Then, designers and friends added squares that were examples of their work. The result of this joyful cooperative effort is pictured on the following pages. It's a story we're most happy to share with you.







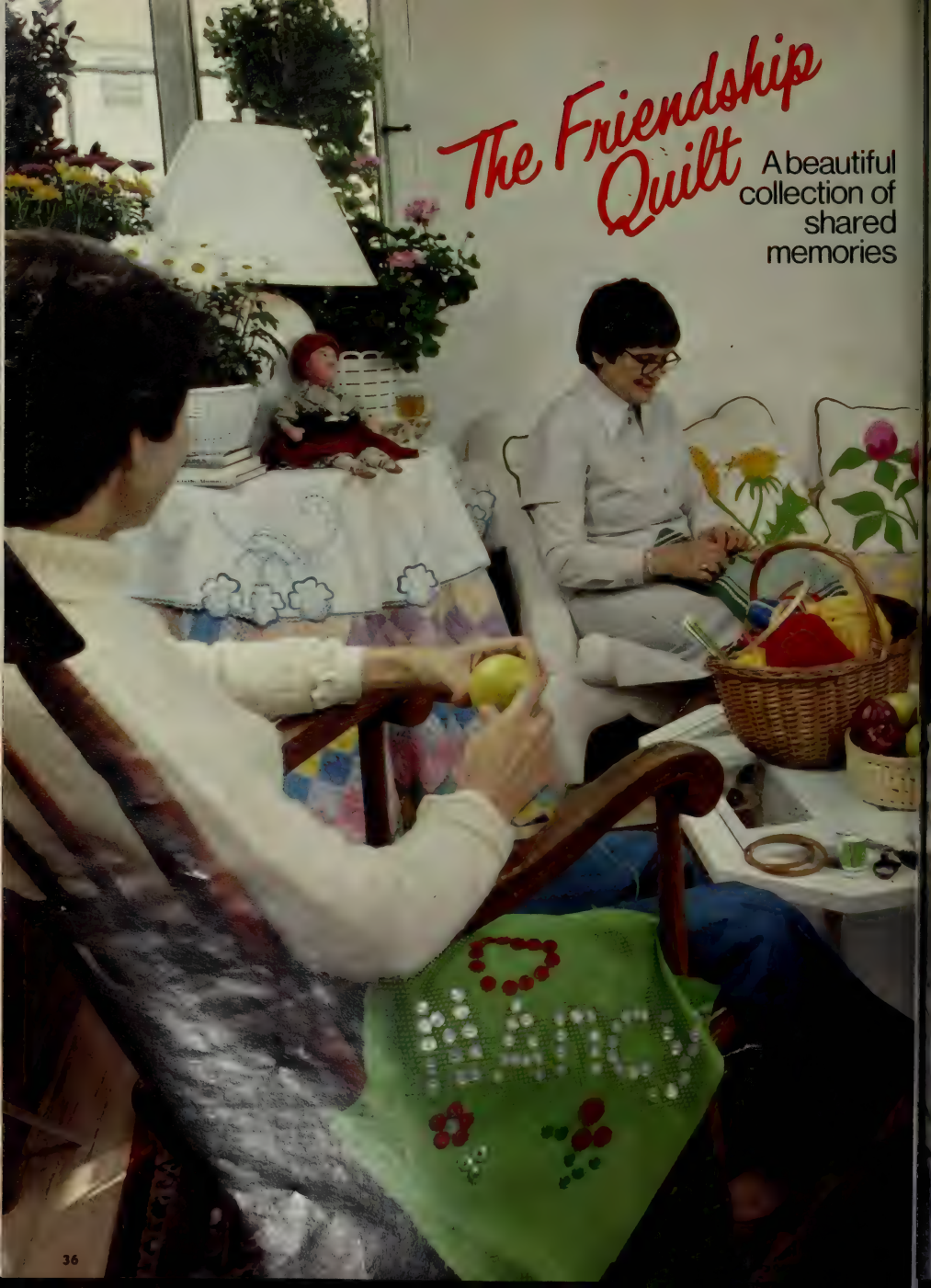


Gordon Greer (*top photo*), our executive editor, was so interested in our December 1977 story on cyanotype printing on fabric that he mastered the technique. Here he's working on a print to be included in our quilt.

"Mike" Wigg, owner of Mrs. Wigg's Cabbage Patch, is pictured above at work on her square, an appliquéd rendition of her charming quilting shop. We buy lots of fabric at Mike's—and she's always willing to help us.

Heather (*top photo*), aged eight, is a budding artist we know because she is the daughter of one of our crafts editors, Joan Cravens. Heather has often modeled for us.

Gary Boling, now a staff member, used to be one of our most prolific free-lancers. Since Gary is an avid crocheter and has contributed, among other projects, the afghan featured on our October 1977 cover, he thought it appropriate to crochet a special remembrance for Ciba's quilt.



The Friendship Quilt

A beautiful collection of shared memories

*H*appy chatter filled the room when the members of the Crafts Department *sans* Ciba got together at this quilting work session. We also asked Ciba's faraway friends to send squares displaying their own special stitchery. The result of this happy collaboration can be seen on the following pages.



The Friendship Quilt

A beautiful collection of shared memories

Voilà, Ciba! Those weeks of stitching and secrecy resulted in the one-of-a-kind quilt shown here, with the surprised and delighted recipient standing at right. Since we had always planned to share our quilt-making story with our readers, we thought it only appropriate to let you in on the photo session, too. William Hopkins, *left,* shoots many of our *Better Homes and Gardens* crafts stories and is "one of us" so to speak. Bill's assistant, son William, Jr., actually took this picture.

Making this quilt was one of the Craft Department's most exciting projects. And since this particular quilt incorporates the inspiration and ideas of lots of creative people, we know you'll find squares to inspire your own stitchery, whether you're making a friendship quilt or just a gift pillow. You'll find helpful suggestions for making your own quilt squares and assembling them into a quilt in the how-to section beginning on page **176**.



Designs: Crafts Department—Nancy Lindemeyer, Margo Garrity, Joan Cravens, Deborah Dugan, Gary Boling, Coleen Deery, Ann Levine, Ginger Bassett, Margie Poffenbarger, Cindy Mills; and friends—Margot Carter Blair, Curt Boehringer, B. J. Casselman, Lynn Hopkins Cipolla, Heather Cravens, Phyllis Dunstan, Corky Egendoerfer, Bob Furstenau, Gordon Greer, Linda Hicks, Chieko Hoshiai, Rebecca Jerdee, Bryan McCay, Janet McCaffery, Ellen Morello, Ocean Beach Quilters (Sonya Barrington and Susannah Flag), Terry Ryder, Michael Scott, Mimi Shimmin, "Mike" Wigg, Judy Williamson, Linda Wilson. Photographs: William Hopkins; William Hopkins, Jr.


We miss you,
Ciba...
DIMATO
Ciba

CLASSIC WHITE DINNERWARE... THE BEAUTIFUL BASIC

BY MARGARET McMAHON

You might call classic white dinnerware a tabletop magician. Not only does it provide the basis for a potpourri of settings, it solves a number of problems. Broken patterns in your cupboard? Instead of tossing them out, mix them with white. You can afford only a few pieces of your fine china pattern? Combine them with white, and suddenly your four soup bowls seem as precious as rubies. You're bored with your everyday pattern? Put it with white, and you can have a different table seven nights a week. Now follow along and see "white magic" in action.



White with just a touch of blue gives this picnic table a look reminiscent of lazy summer days down on the farm. The simple shapes of the white dinnerware are ideal for mixing and matching. *White stoneware: "Farmhouse" by Bob Van Allen for Mikasa; blue-flowered dinnerware: "Provincial Floral" Franciscan; fine white ware: "Northford" International; stemware: "Ana" Dansk; metal goblets: "Thistle" Wilton Armetale.* **Buying information, page 16.**

Photographs: Bradley Olman



FEBRUARY, 1979



CLASSIC WHITE DINNERWARE

THE MAXIMUM MIXER

Above: Although she'd probably disapprove of pinks in a coffeepot, Queen Victoria could sit right down at this charming tea table. A white dinner plate acts as a place plate, and a fat cup and saucer complement the china pattern. The doily is grandma's antimacassar.

White stoneware: "Earthborne" Mikasa; floral china: "Towne Garden" Gorham; sterling: "Country Manor" Towle; candy dish: Fenton Art Glass.

Right: White stoneware plays up the rustic honesty of this oven-to-table patterned dinnerware. Ceramic-handled flatware, plum and red napkins, and a towel-wrapped can of live lavender make the setting party-special.

Oven-to-table ware: "Summer Harvest" Temper-Ware by Lenox; white stoneware: "Earthborne" Mikasa; flatware: "Gypsy" Denby Ltd.; glass: "Gibraltar" Libbey.



Opposite: Here a classic fine china is showcased by white stoneware. A platter becomes a tray, the bowl of a tureen turns into a flowerpot, and all is enriched by the crocheted cloth.

White stoneware: "Earthborne" Mikasa; china: "Green Cockatrice" Minton Bone China by Doulton; sterling: "Old Virginia" Reed and Barton; glass: "Navarre" Fostoria; tureen: Schmid; napkin: Leacock.





POT UP SEEDLINGS INDIVIDUALLY



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It's Springtime in February

GROW FLOWERING PLANTS FROM SEED

By Steven Coulter and Douglas A. Jimerson

This winter, why not turn a dull room into a spring garden with blooming plants you've grown from seed? It's easy to do, using quick-growing, compact varieties of annual flowers that are usually grown only outdoors. With good care, many will be blooming as early as six weeks after planting.

To create your own indoor garden, you'll need a plant flat, a small bag of vermiculite, a grow-light fixture, and some expandable net-enclosed peat pellets that swell to pot size when soaked in water. Or, you can buy a commercial seed-starting kit like the



COLEUS

Photographs by Jim Hedrich

one we used. These commercial units are especially desirable because they have a built-in water reservoir that automatically delivers water in small doses to the seedlings as they need it.

Planting

To get your garden started, soak the peat pellets in water until they have expanded to their full size. Then, after the pellets are thoroughly soaked, plant just two or three seeds in each pellet by pressing the seeds lightly into the moist peat moss. Be sure to label each set of pellets as you plant.

Next, spread a ½-inch layer of moistened vermiculite over the bottom of the plant flat and set the planted pellets on top of it. Keep the vermiculite moist and you won't have to worry about watering the individual peat pellets; they will draw most of the moisture they need from the vermiculite. Sprinkle the pellets with water occasionally if the plants show any signs of dryness.

Once all the pellets are planted, place the flat under a grow-light fixture for about ten to 14 hours a day. For good growth, set the plant lights about six inches over the newly planted pellets; gradually raise the lights higher as the plants begin to develop.

When the seedlings show their first true set of leaves, thin out the plants with small scissors, leaving only the strongest one in each pellet to mature.

When the plants get an inch or two tall, pot them up individually in four-inch flowerpots. Place the entire peat pellet directly in the pot and fill in around it with good quality potting soil. Keep the seedlings moist at all times and under the grow-lights until colorful flowers or foliage appear, to be enjoyed all around the house. Pinch back any stems that start to get leggy.

After a few weeks away from the grow-lights, most annuals have a tendency to get a bit spindly. To ensure a continuous flower show, sow successive crops of flowers every few weeks. Plants that have already bloomed are usually not worth saving. ■

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GOOD NEWS

Interior vapor barrier



Warm, moist air from the inside of your house can reduce the effectiveness of its insulation. A vapor barrier will keep the moisture inside. Here's a primer-sealer that, according to tests, can keep up to nine times more moisture inside your house than latex paint alone does.

Insul-aid, about $13 (gallon), Glidden Coatings and Resins, 900 Union Commerce Bldg., Cleveland, Ohio 44115.

Egg cooking aid



This clear plastic "egg" can help you cook a real egg precisely to your taste. After storing the "egg" in the refrigerator, put it in boiling water along with a real egg. An indicator inside the fake egg changes color to indicate the exact degree of firmness.

Eggmeter, about $5. Vincent Lippe, 225 Fifth Ave., New York, N.Y. 10010; 520 W. Seventh St., Los Angeles, Calif. 90014.

Safety gas can



Photographs: William Hopkins

It's risky to transport and store gasoline because it has the explosive force of dynamite. But this fuel container won't explode even if it is subjected to impact or exposed to spark or flame. A foil mesh liner will dissipate the heat and a melt-away plug will vent the can.

Explosafe, about $12.51 (2½ gallon). Kidde Belleville, Div. of Walter Kidde and Co., Inc., 675 Main St., Belleville, N.J. 07109.



Stick-on sandpaper

Applying sandpaper to a hand or power sander used to require a struggle with clamps or bolts, but no longer. These sandpapers have a strong adhesive backing that adheres the paper to your tool. This means the entire face of the sandpaper stays flat and wears evenly for sharp, fast cutting. The disc sanding kit contains a cushioned disc pad that attaches to a power drill. The vibrator sander kit also has a conversion pad. And the company offers a special plastic hand sanding block for the papers.

Press 'N Sand, about $4.10 (drill disc sander pad and 5 discs); $3.19 (hand sanding block and 5 sandpaper sheets); $1.73 (vibrator conversion pad and 5 sandpaper sheets), 3M Company, 135 W. 50th St., N.Y., N.Y. 10020.

continued on page 50

The secret's
on easy homemade





Extra Moist
Pineapple Upside-Down Cake

1 can (20 oz.) sliced pineapple in juice
2 packages (4-serving size) JELL-O® Brand Vanilla Flavor Instant Pudding and Pie Filling*
10 maraschino cherry halves • ½ cup firmly packed brown sugar
1 package (2-layer size) yellow cake mix** • 4 eggs • 1 cup water** • ¼ cup oil

*Or substitute 1 package (4-serving size) JELL-O® Brand Vanilla Flavor Pudding and Pie Filling for the instant pudding mix in topping only.
**Or use pudding included cake mix and ¾ cup water.

Drain pineapple, reserving juice. Arrange slices in 13x9-inch pan; place cherry half in center of each. Combine 1 package pudding mix and pineapple juice; pour over pineapple and sprinkle with brown sugar. Combine cake mix, remaining pudding mix, eggs, water and oil in large mixer bowl. Blend; then beat at medium speed of electric mixer for 4 minutes. Pour into pan. Bake at 350° for 55 to 60 minutes or until cake tester inserted in center comes out clean and cake begins to pull away from sides of pan. *Do not underbake.* Cool in pan 5 minutes. Invert onto platter and let stand 1 minute; then remove pan. Serve warm.

In high altitude areas, use large eggs, add ¼ cup all-purpose flour and increase water to 1½ cups. (With pudding-included cake mix, use 1¼ cups water.)

Luscious
Layered Blueberry Delight

14 whole graham crackers
1 package (6-serving size) JELL-O® Brand Vanilla Flavor Instant Pudding and Pie Filling
1 cup thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping
1 can (21 oz.) blueberry* pie filling

Line 9-inch square pan with whole graham crackers, breaking cracke if necessary. Prepare pudding mix as directed on package for pudding. Le stand 5 minutes; then blend in whipped topping. Spread half the pudding mixture over the crackers. Add another layer of crackers; top with remaini pudding mixture and remaining crackers. Spread pie filling over top layer crackers. Chill 3 hours. Makes 9 servings.

*Also delicious with cherry pie filling.

BIRDS EYE, COOL WHIP, and JELL-O are registered trademarks of General Foods Corporation.
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out desserts.



Creamy Butter Pecan Ice Cream Pie

2 cups cold milk*
1½ cups vanilla or butter pecan ice cream, softened*
2 packages (4-serving size) JELL-O® Brand Butter Pecan Flavor Instant Pudding and Pie Filling*
1 JOHNSTON'S® Graham Cracker READY-CRUST® Pie Crust

Thoroughly blend milk and ice cream in a bowl. Add pie filling mix. Beat lowly with rotary beater or at low speed of electric mixer until blended, about 1 minute. Pour immediately into pie shell. Chill until set, at least 1 hour. Garnish with prepared whipped topping and chopped nuts, if desired.

Or use 1 package 6-serving size JELL-O® Brand Instant Pudding, 1½ cups milk and 1 cup vanilla or butter pecan ice cream.

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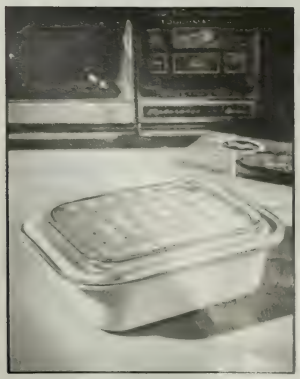


THE Swingline COMPANY

A Division of Swingline, Inc., 32-00 Skillman Ave., Long Island City, N.Y. 11101.

GOOD NEWS

Frozen entrée dish



Pop a frozen entrée out of its foil liner into this glass-ceramic dish, and you're ready to serve a delicious microwave meal in minutes. The dishes come in two popular frozen entrée sizes. Both have Pyrex lids indented to hold the small legs of similar dishes for stacking.

Fast Food Dishes, about $9 (7"x5½"x2") and $13 (10½"x6¾"x2"). Corning Glass Works, Corning, N.Y. 14830.

Water saver for kitchens



When rinsing dishes for the dishwasher, press a plate or glass against the arm of this faucet attachment, and a stream of water flows over the dish. Remove the dish and the water stops, saving you hot water. When you want the faucet to work normally, fold the arm back.

Rinse Water Saver, about $6. Wrightway Manufacturing Co., 1050 Central Ave., Park Forest South, Ill. 60466.



The secret of World Book's most successful sales managers.

If you met them, you'd say they were warm, friendly and genuinely interested in people.

But that's not the secret of their success.

The secret of these World Bookers – winners of the highest honor our managers can earn – is likely to surprise you. These highly successful salespeople see themselves as serving their communities... they don't think of their job as "selling" at all!

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By the way, if you know what World Book can do, and think you'd like to tell others – you could probably be a World Booker, too! Call us if you'd like to know how to become a World Book representative. Our toll-free number is 800-447-4700 (in Illinois 800-322-4400). Just say you know the secret.

***Left to right Back*, Row 1:** Kent Johnson, W. Richland, WA; Ruth Phipps, Manchester, KY; Carl [illegible], Kansas City, MO; Hal Henderson, Woodstock, GA; Keith Gibb, St. Louis, MO; [illegible] Rimersburg, PA; William Menosky, Pittsburgh, PA; Billie Jean Mize, [illegible]; Rita Browne, Agincourt, ON; Paul Beazley, St. Albert, AB; Ruth Kuhn, Fresno, CA; Rosalie Wysocki, Hamilton, ON; Jeanette Olding, Pictou County, NS; Emmy [illegible] AB; [illegible] **Row 2:** [illegible] Kansas City, MO; Frances [illegible]; Shirley Coldwater, MS; Teresa Benton, Ft. Collins, CO; Mildred Jarrett, Nashville, TN; [illegible] SC; [illegible] Gary, IN; [illegible] WA; Bernard Ruthen, Cherry Hill, NJ; Richard Spangler, Spokane, WA; Joe Dixon, Columbia, SC; Kathryn Grimes, Mt. Pleasant, TN; Bill Helmuth, Lake Forest, CA. **Row 3:** Mary Anne Thompson, Memphis, TN; Ray Clark, Daphne, AL; Bonnie Cox, Charleston, SC; Richard Jacobs, Hollidaysburg, PA; Jeanne Tutterrow, Kingston, TN; Dorothy Haymon, Many, LA; Nelson Paquette, Boxford, MA; Tim Carini, Knoxville, TN. **Front Row:** Ron Werle, Crystal City, MO; Stephen Waclo, Altoona, PA; Michael McGuire, Memphis, TN; Elsie Shealy, Knoxville, TN; Tom Delaney, San Diego, CA; Garfield Gosdin, Columbus, GA; Marie Vollmer, Woodbridge, VA; Larry Phillips, Rigby, ID.

World Book–Childcraft International, Inc.
A subsidiary of The Scott & Fetzer Company
Merchandise Mart Plaza, Chicago, Illinois 60654

A SUPER FAMILY ROOM from an OLD SUMMER PORCH

The owners of this big old house got the spacious family room they needed, and they did it the easy way. Instead of undertaking a full-scale wall reshuffling, they weatherproofed their old unwinterized porch and turned it into a super family living center. And now that there's one big place for the whole family to gather, the rest of the rooms in this house do their jobs much better.



Photographs: Mike Dieter. Designer: Stephen Mead

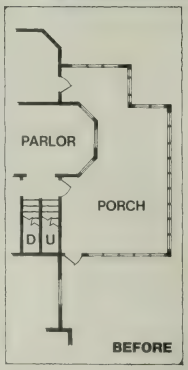
A look at the "before" and "after" plans shows the improvements that make the real difference. The new space provides plenty of room for a variety of family activities—cooking, dining, playing, and studying.

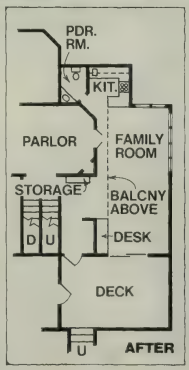
The old flat roof was replaced by a pitched version that meets right under the eave of the second story, creating space for an additional bedroom under the roof. The upper-level living quarters now open to the new family center. The new bedroom is accessible off the stair landing and from a catwalk balcony extending from the upper level.

The ceiling of the living space has a free, open feeling and is punctuated by skylights to brighten the upper-level space.

A new private deck off one end of the room lets the family enjoy the sun more then they did when they had an entire porch.







The mini-kitchen at the other end of the living center is a perfect adjunct to the family's existing kitchen. The new cooking space is handy for making snacks. It's equipped with scaled-down versions of a down-vented cooktop and oven, refrigerator, and bar sink.

The quarry-tile entrance into the hall is easy to clean and hard to damage. Free-hanging oak shelving units turn dead space at the end of the hall into a functional, compact library. In the living area, a study backs up to the entry closet. Fitted with built-in desk and shelving units, this area does double duty as a hobby and homework area. A short section of track lighting neatly hugs the ceiling surface under the balcony. The one bay that encroaches on existing living space was squared off to accommodate a heating unit and ductwork (see plan). ■

How to order material from the magazine



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veloped EXCLUSIVELY Better Homes and Gardens® in honor of its foun- r. Perfect for your garden, is hardy pink hybrid tea is cross between two award- nning favorites: First ize and Futura. Imagine e color this rose will bring your landscaping and the eer elegance it will add to floral arrangements inside your me. Its subtle pink coloring changes as the rose opens m a tight bud into a luscious full bloom. Share the fra- ance and beauty of this rose by combining your order with at of your neighbors to save money. And our roses make ry special and appreciated gifts to be remembered for ars to come. Available in limited quantities only from tter Homes and Gardens® on a first order basis, so order day. Your order, with complete planting instructions will shipped at the proper time for planting in your locality. very plant is guaranteed to grow and bloom or will be re- aced at no cost or your money returned, provided you noti- us by August 1, 1979. Sure to be the showpiece of your rden, order now while supply lasts. . . . Order two or more d SAVE!

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Readers of Better Homes and Gardens are invited to

Enjoy collecting a stirring panoram preserved for future generations.

- **At a surprisingly modest cost, you can receive official First Day Covers for each new commemorative stamp issue of the United States.**
- **Each First Day Cover will be individually addressed and sent automatically to the name and address you designate.**

What is a First Day Cover?



Handsome "cachet" designed for each new issue, strikingly executed by steel engravings on the envelope.

Official U.S. commemorative postage stamp.

The official "First Day of Issue" cancellation.

Postmark of the officially designated post office issuing the new stamp.

Your own name and address is on every First Day Cover, and each is mailed directly to your own home.

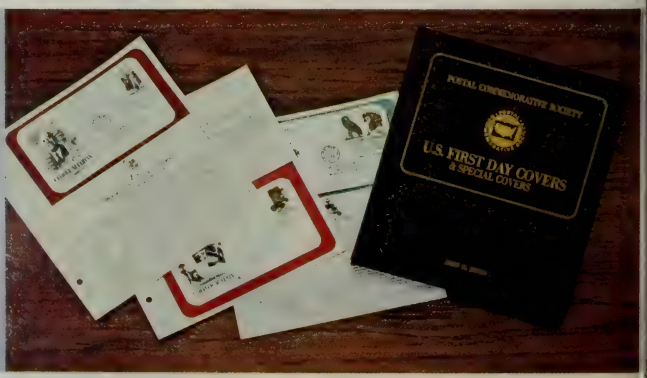
The United States regularly honors the important people, places and events in its history through the issuance of official U.S. commemorative postage stamps. When a new stamp is to be issued, one, and only one, post office is designated for the official "First Day" cancellation and postmark. The privately designed special envelope bearing the new stamp, cancelled with the exact date of first issue of the officially designated post office, is a First Day Cover.

First Day Covers are fascinating collectors' items. As you can well imagine, the combination of an historic stamp, cancelled with the "First Day of Issue" postmark of the officially designated post office on a specially designed envelope, results in a collector's item of the first order. One that has been prized by collectors like Dwight D. Eisenhower, George C. Marshall, Franklin D. Roosevelt, and others with the foresight to preserve yesterday and today for tomorrow.

The best time to obtain these prized collectors' items is when they are issued. This is now made easier than ever by the Postal Commemorative Society.

Postal Commemorative Society members receive everything they need to build and maintain a personalized "mint condition" collection of U.S. First Day Covers. For each cover issued, the Society provides an exclusive custom designed display page, especially made for the member's personalized album.

† Postal Commemorative Society (a division of MBI, Inc.)



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First Day Covers combine art and history in a tribute to our American heritage. Eisenhower...the Battle of Baker Hill...the writing of the Star-Spangled Banner ...the landing of astronauts on the moon...such are the subjects chosen by the United States for national honor ...commemorative postage stamps.

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The nation's leading artists and designers are called ...on to portray the subjects chosen. Such commissions ...urally are highly prized, and bring forth the best efforts of ...distinguished artists selected.

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Commemorative stamps normally are issued by the United States at the rate of one every three to four weeks. You will receive a beautiful First Day Cover for every United States commemorative stamp issue during the term of your membership at a total cost of just $1.75 each.

As a member, you will also receive the Society's exclusive display page for each new issue. Each beautiful, specially designed page is die-cut to hold the First Day Cover, and contains a full description of all important historical information about the subject of the commemorative issue. These pages are available only to Society members.

At the surprisingly low cost of $1.75 per issue, you will be building a truly worthwhile First Day Cover collection to be enjoyed now and preserved for future generations of your family. Shouldn't you really give it a try?

Becoming a member now brings you an important collector's bonus at no additional cost. The Postal Commemorative Society makes available to each new member a handsome collector's album with the member's name hand-embossed on the cover. This album, especially designed to hold the Society's display pages, makes it possible for members to keep each new First Day Cover in perfect condition. It is yours free, if you join now!

MEMBERSHIP APPLICATION

3

Postal Commemorative Society
47 Richards Ave., Norwalk, Conn. 06857

NO PAYMENT REQUIRED, SIMPLY MAIL THIS MEMBERSHIP APPLICATION.

Please enter a membership and address First Day Covers as indicated below. Send me a U.S. First Day Cover and display page for each new U.S. commemorative stamp issue (normally 15 to 20 per year) at a total cost of just $1.75 per issue. Bill me $14.00* to cover the total cost of my first eight issues.

As a new member, I will also receive a personalized collector's album at no additional charge. I may cancel my membership at any time upon 30 days' notice.

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Personalize my album as follows: _____
(Print name to be shown on album)

☐ The above membership is a gift membership—please bill me. (Indicate your name and address on a separate sheet of paper and provide information on any additional gift memberships you wish to give.)

☐ As a convenience, I prefer to pay $14.00* now for each membership for which I have enrolled. Simply mail the completed application with check (payable to P.C.S.) to the address above.

*Conn. residents pay $14.98 for each membership to include sales tax.

Announcing

The Official Tall Ship



Amerigo Vespucci – Italy



Gorch Fock – West Germany

Plates shown smaller than actual 8¼" diameter.

An heirloom collector's edition in lustrous fine china which beautifully portrays twelve of the world's fabled Tall Ships.

Each plate decorated with precious 23 karat gold.
Issued in a strictly limited edition.
Advance subscription deadline: February 28, 1979

Feel the wind rising! See the whitecaps on the waves! The Tall Ships are coming – racing across the Atlantic to form a grand armada in honor of America's birthday.

Who can forget Operation Sail (July 4, 1976) – the most spectacular event in sailing history? People by the tens of thousands gathered to gaze as the Tall Ships sailed by.

It was ships like these that took Captain James Cook and his fellow explorers on their voyages of discovery, carried Columbus and his men to the New World, and brought many of our ancestors to the shores of America.

And now the Tall Ships are coming again! The Danbury Mint is proud to announce the limited availability of *The Official Tall Ships Fine China Plate Collection.*

Twelve Tall Ships from Operation Sail

The *Eagle*, training ship of the United States Coast Guard. Norway's magnificent *Christian Radich*. The *Sagres*, named for the Portuguese city from which many of the great explorers and navigators launched their expeditions. The *Sir Winston Churchill*, pride of Great Britain. The *Amerigo Vespucci*, named for the Italian explorer who gave America its name. Twelve magnificent Tall Ships in all – the most memorable from Operation Sail.

An Official Collection of Original Works of Art

This *definitive* collection is being issued under the auspices of the American Sail Training Association, co-sponsor of the spectacular transatlantic Tall Ship race, which culminated in Operation Sail.

Robert Devereaux, one of America's most gifted nautical artists, was commissioned to create the original paintings for this collection. A sailor himself, Devereaux has portrayed the Tall Ships at their finest – at sea, wind billowing in the sails. His paintings are accurate down to the smallest details and the realism is astonishing. And each painting is signed by the artist, denoting each plate's status as a true limited-edition work of art.

Richly Decorated with 23 kt. Gold

And to bestow a crowning touch of luxury, each plate will be decorated with a rope of gold encircling the ship and a band of gold on the rim of the plate.

A Strictly Limited Edition

The Official Tall Ships Fine China Plate Collection will be issued in a strictly limited edition – available only directly from the Danbury Mint by advance reservation. It will not be available in retail stores. The U.S. edition of this extraordinary collection will be limited to the number of reservations postmarked by February 28, 1979, and then will be closed forever.

Convenient Acquisition Plan

You may reserve your subscription to *The Official Tall Ships Fine China Plate Collection* by simply completing and

Fine China Plate Collection



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returning the reservation application. You need send no money now. You will be billed separately for each of the 12 plates in the collection at the rate of one plate every two months. The original issue price is guaranteed to subscribers throughout the entire collection.

Guaranteed Satisfaction

If you receive any plate you are not completely satisfied with you may return it upon receipt for replacement or refund. And, you may cancel your subscription at any time.

Please Act Promptly!

Please bear in mind that subscriptions for this limited edition can be guaranteed only through February 28, 1979. So do not miss your chance to own this unique tribute to the Tall Ships.



The Official Tall Ships Fine China Plate Collection

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Guaranteed Acceptance
Only If Postmarked By
February 28, 1979

Please accept my subscription reservation *The Official Tall Ships Fine China Plate Collection*, a limited edition issued under the official auspices of the American Sail Training Association. I understand this is a collection of 12 fine china plates each depicting one of the famed Tall Ships from Operation Sail. The collection will be issued at a rate of one plate every two months at a guaranteed price of $25.00 per plate (plus $1.50 for postage handling).

I understand that I need send no money now. I agree to pay $26.50* for each plate separately at two-month intervals. I may cancel my subscription at any time, and any plate that I am not completely satisfied with may be returned upon receipt for replacement or refund.

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

☐ Check here if you want each plate charged, as it is shipped, to your ☐ MasterCharge ☐ VISA

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Credit Card No. Expiration Date

*Conn. residents please remit $28.36 to include sales tax.

SHOULD YOU BUY A USED RENTAL CAR?

If the new cars are priced over your head, and the shady history and lack of warranty on a used car scares you, there may be a way out of your bind. That's a used car sold by a national car rental company.

What condition are the cars in?

Most cars sold by the rental companies are nine to 12 months old and have under 25,000 miles on the odometer. You also might find a car as young as six months old or one with only 12,000 miles on it, or a less expensive two-year-old. Rental officials say they don't sell cars because they're worn-out or "lemons." In fact, the companies claim they sell only their best cars to the public when they update their fleets. And they say most of the 90-some people who have rented a car before it is sold are business persons who don't abuse a car for "kicks."

The officials say the typical rental car has had more extensive maintenance than the typical family car has had. Before buying a car, you can examine its maintenance and repair record. If you do decide to buy, there's a 12-month or 12,000-mile limited warranty coverage on the engine, transmission, and rear axle. And the final sales point made by company officials is the one that might be most appealing: You usually can save a few hundred dollars over what you would pay a used car dealer for the same car.

What about the disadvantages?

There are some to consider before rushing off to shop for one of these recycled rental cars. For one thing, you can't trade in your old car. Also, you may have to arrange your own financing.

The biggest obstacle may be finding the car you want. The three major rental companies sell thousands of used cars annually (Hertz alone sells 40,000 cars), but sales offices may not be nearby; and not every model is available at all times at one location.

Full-size sedans predominate on the used car lots; intermediates and compacts are next in numbers, followed by subcompacts, wagons, sports and luxury cars, and vans.

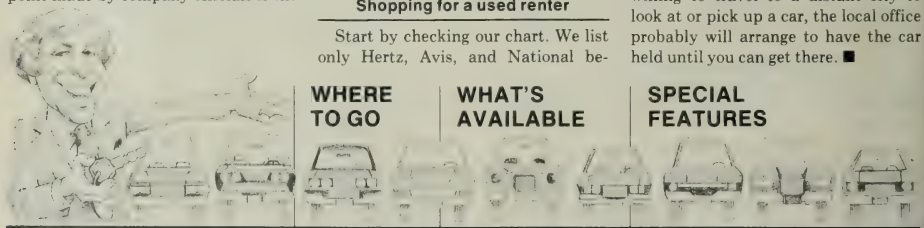
Options generally are limited to power steering and brakes, AM radio, air conditioning, and radial tires.

Shopping for a used renter

Start by checking our chart. We list only Hertz, Avis, and National because not all the licensees of the other rental companies sell their cars to the public. Call the toll-free telephone numbers to locate the nearest used car sales office. You can shop for a 1978 model now or negotiate to reserve one of the 1979 models before they begin appearing on the sales block in two or three months. Let the nearby sales office advise you on reserving a car. Or, write a company's corporate headquarters to ask about a model you're interested in; you'll probably then be contacted by a sales representative.

Visiting the used car lot

If you visit a sales office now to examine 1978 models, or wait a few months to look at the 1979s, keep these points in mind. Don't rely strictly on a car's maintenance and repair record to determine the car's condition. If you're a good garage mechanic, test drive the car extensively and spend time looking under the hood. Otherwise, ask to borrow or rent the car for checking by a professional mechanic. Also, don't give up if the first sales location you visit doesn't have the car you want; most sales representatives will check with other offices within 200 miles and have the car delivered if found. If you're willing to travel to a distant city to look at or pick up a car, the local office probably will arrange to have the car held until you can get there. ■



WHERE TO GO	WHAT'S AVAILABLE	SPECIAL FEATURES
The Hertz Corporation 660 Madison Ave., New York, N.Y. 10021 Attn. National Car Sales Mgr. Call toll-free 800-654-3131	**105 used car sales offices**	**Ford (all models). Toyota (Celica, Corolla). GM full-size and intermediates.**	**Financing is available at sales offices by Allstate Enterprises Inc., a subsidiary of Sears, Roebuck and Co.**
Avis Rent A Car System, Inc. 900 Old Country Road Garden City, New York 11530 Attn. Used Car Sales Mgr. Call toll-free 800-331-1212	**80 used car sales offices**	**General Motors (all models). Some Toyota and Datsun models.**	**Before cars are sold, they're checked by a computer; over 80 tests are performed. Computer report is available for examination.**
National Car Rental System 5501 Green Valley Drive Minneapolis, Minn. 55437 Attn. Used Car Sales Mgr. Call toll-free 800-328-4567	**Rental offices handle sales or referrals to other offices.**	**General Motors (all models). Some Ford, AMC, and Chrysler models.**	**Warranty also covers master brake cylinder and lines, front suspension, steering parts, alternator, voltage regulator, starter, power seats and windows. $25 deductible.**

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Sing Out America

Del Monte FOODS

★SWEEPSTAKES★



25 FIRST PRIZES

Weekend trips to Disneyland for families of up to four members, to attend the musical performance of their choice. Entrants select between these musical events: Disco, Broadway, Jazz, Barbershop, or Country-Western.

10,000 SECOND PRIZES

RCA record albums featuring popular songs by top recording artists.

Official Rules – no purchase required

1. On an official entry form or a plain piece of 3" x 5" paper, hand print your name and address and the name and location of your favorite grocer and indicate the musical event you'd like to attend if you're a First Prize winner. Mail your entry in a hand-addressed envelope no larger than 4⅛" x 9½" (#10 envelope) to:

"Sing Out America"
P.O. Box 9142, Blair, Nebraska 68009

2. Each entry must be accompanied by three (3) labels from any size DEL MONTE product featured in this sweepstakes, OR three (3) plain pieces of paper on which you have *hand printed* the words "DEL MONTE," OR any combination of labels and hand printed pieces of paper totaling three (for example, 2 labels and 1 hand printed piece of paper).

3. Enter as often as you wish, but each entry must be hand addressed and mailed separately. Entries must be received by March 31, 1979.

4. Winners will be determined in random drawings conducted by the D.L. Blair Corporation, an independent judging organization whose decisions are final. Limit one (1) prize to a family. Taxes on any prize are the sole responsibility of the winner. No substitution of prize permitted. Dates of departure are subject to availability and the discretion of the Del Monte Corporation.

5. Sweepstakes open to residents of the United States, except employees of Del Monte Corporation, its subsidiary companies, its advertising and sweepstakes agencies, and the families of each. This sweepstakes is void in the state of Missouri and wherever else prohibited by law. Sweepstakes participation via entry blanks distributed through retail stores is void in the Maryland County of Howard. All Federal, State and local laws and regulations apply.

6. For a list of winners, send a stamped, self-addressed envelope entirely separate from your entry form, to:

"Sing Out America" Winners List
P.O. Box 8461, Blair, Nebraska 68009.

Win a music-filled weekend for you and your family at Disneyland!

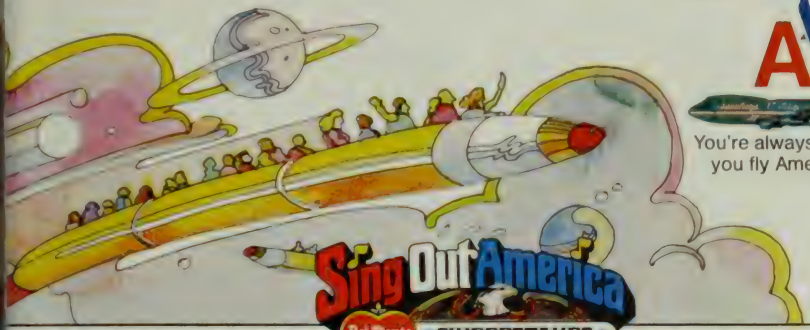
Del Monte Corporation's "Sing Out America Sweepstakes" is your family's chance to win an extended weekend in Disneyland, with an invitation to attend a performance featuring Country-Western, Jazz, Disco, Broadway, or Barbershop music.

Twenty-five First Prize winning families (of up to four members each) will fly to Los Angeles via American Airlines and stay three days and two nights at the Grand Hotel.

Indicate on your entry blank which Disneyland performance you would like to attend and enter now!

Besides 25 First Prizes, 10,000 other musical prizes will be awarded.







You're always a winner when you fly American Airlines.

Sing Out America

Del Monte FOODS * SWEEPSTAKES *











The musical event I would like to attend, if I am a First Prize winner, is (please check one):

- ☐ Disco
- ☐ Broadway
- ☐ Jazz
- ☐ Barbershop
- ☐ Country-Western



OFFICIAL ENTRY FORM

Mail to "Sing Out America" Sweepstakes,
P.O. Box 9142, Blair, Nebraska 68009.

Enclosed are: (check one) ☐ 3 labels from any of the featured DEL MONTE products listed below. ☐ 3 pieces of 3" x 5" paper hand printed with the words "DEL MONTE" ☐ a combination of the above totaling three.

Featured DEL MONTE products: Corn • Pineapple • Catsup • Stewed Tomatoes • Green Beans • Pears • Juice Drinks • Tomato Sauce • Fruit Cocktail • Yellow Cling Peaches • Raisins • Pudding Cup Desserts (carton).

Name: _____
(Please Print)

Address: _____

City _____ State _____ Zip _____

My favorite grocer is:

Store Name: _____

Store Location: _____ City _____

Entries must be received by March 31, 1979.

Brass bed buymanship

The shiny brass bed, once a status symbol in American homes, is currently making a big comeback. Ten years ago, it was difficult to find one in a store. Now brass beds are available in a wide range of styles and prices. Here's information to help you shop.

Styles

Most brass beds are traditional in styling. They may have curlicued designs with loops and scrolls, perhaps embellished with grape leaf, floral, or ivy patterns; or, the beds may be in the simpler straight-lined styles found in middle-class homes 80 years ago. There also are contemporary styles, with slim, square rods.

Today's brass beds are designed to accommodate box springs, rather than the open springs that used to be placed on slats running from side to side. The beds also are available in king and queen sizes (something the Victorians never dreamed of), as well as in twin, double, and daybed sizes. Some styles are available in headboards only, but others have matching footboards. You can buy a complete bed, or a headboard and footboard separately, to attach to a standard bed frame.

Materials

Check to be sure the bed is genuine brass. An alloy of about 70 percent copper and 30 percent zinc is recommended. All balls, finials, and castings should be pure brass.

In low-priced lines, you will find brass-plated, anodized, or sprayed coatings of brass, which may tarnish, peel, or chip within a short time.

A quality brass bed will have a uniform gloss. The mirrorlike shine is achieved by buffing out the natural grain structure of raw brass. The more brass is polished, the richer and deeper its color and shine become. Polishing adds to the expense, however, so don't expect to find high luster in low-priced lines.

Good brass beds will have a baked-on finish of clear acrylic. Wiping with a clean cloth is all that's necessary to maintain the luster.

Construction

Try to lift and jiggle the bed. It won't be as weighty as the old-time models even if the brass tubes are thick ones. However, it should feel solid and stable and tightly constructed.

A top-quality bed will have an all-steel welded frame. The frame should be joined to the brass bedposts with pressure-bonded steel bolts to assure stability. No unsightly bolt heads or fasteners should show.

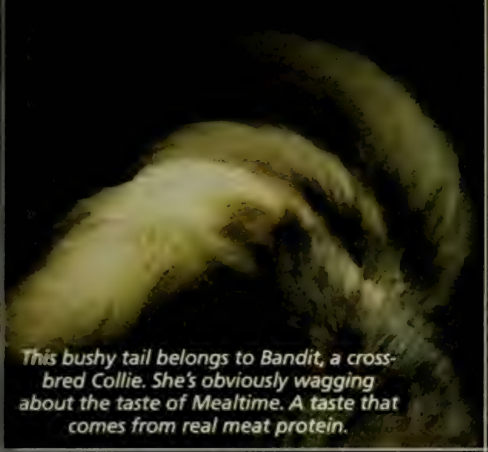
Cost

You can expect to pay $400 or more for a genuine queen-size brass bed with most of the quality construction features. Higher style and more decorative models will be costlier.

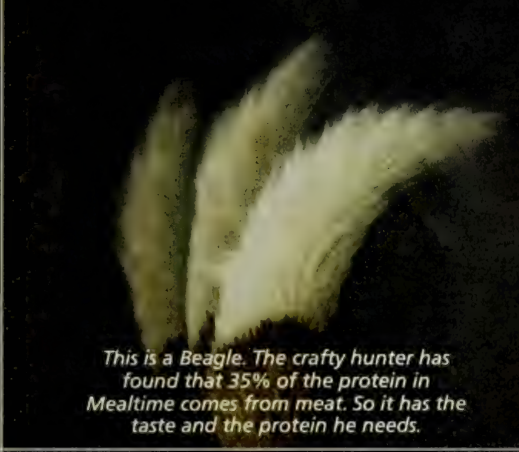
Availability

You'll find brass beds almost anywhere beds are sold. Many department stores, sleep shops, and mail-order catalog stores offer both luxury and low-priced models. ■

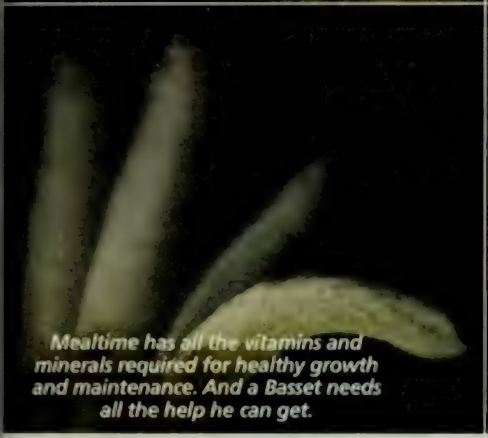




This bushy tail belongs to Bandit, a cross-bred Collie. She's obviously wagging about the taste of Mealtime. A taste that comes from real meat protein.



This is a Beagle. The crafty hunter has found that 35% of the protein in Mealtime comes from meat. So it has the taste and the protein he needs.



Mealtime has all the vitamins and minerals required for healthy growth and maintenance. And a Basset needs all the help he can get.



It's the only dry dog food with a choice of either large or small crunchy bites. No small fact to a good sized Golden Retriever.

Some tell-tail facts about the taste of Mealtime.



Large crunchy bites Small crunchy bites

Tail-waggin' taste from meat protein.

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Children prefer the taste of Aim. You'll prefer the good check-ups.



Aim® was made for children in the cavity-prone years. You can be *sure* your family will get significant cavity reductions with Aim because:

1. Aim contains a fluoride that has been tested scores of times. It's the most accepted, most tested fluoride used in toothpaste. You can *depend* on it to reduce cavities.

2. Aim was tested clinically on thousands of schoolchildren on *both* coasts. In all its clinical tests, Aim was shown to be effective at reducing cavities. Wait until you see what Aim can do for your children's dental check-ups!

3. Aim was also tested against the leading fluoride toothpaste. Again, Aim was as effective. No toothpaste fights cavities better than Aim!

And don't forget—children like Aim. They actually prefer the taste to *both* of the other leading fluorides.

That means children really do use it. Mothers tell us their kids brush more willingly and maybe even longer with Aim.



Since dentists blame so many cavities on bad brushing habits, why not give Aim a try?

The best fluoride toothpaste is one that gets used.

Take Aim against cavities!



MICROWAVE COOKING:

Tips for converting recipes

You can save lots of time in the long run by adapting your long-time favorite recipes to microwave cooking, but it takes a bit of experimenting. Here are some tips:

- The temperature of the food before it's cooked and the food's shape, composition, and volume all factor into the cooking time. Check the manufacturer's cook book for recommendations on dish sizes, control settings, and cooking times of similar recipes.
- Combine the ingredients for most recipes as usual.
- Skip any browning steps. However, when a conventional recipe calls for cooking onions or vegetables in butter first, do include this step.
- Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
- Reduce the cooking liquid in soups, stews, and main dishes by one-fourth, since little evaporates in cooking.
- Puncture foods with sealed skins, such as potatoes, before baking.
- Cook in oven-proof glass, or ceramic dishes without metal trim; or use cookware designed for microwave ovens. If you're not sure about a utensil, place the empty utensil in the microwave for 15 or 20 seconds. If it feels warm, don't use it in the microwave.
- For soups, stews, and main dishes with liquid, you'll need a container with about two cups extra volume.
- Since cakes and quick breads rise higher in a microwave oven, fill pans just *half* full of batter.
- When baking large cakes, brownies, or moist bars, place a shot glass or juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
- Remove cakes, bar cookies, or breads from the microwave when only a small, moist patch remains in the center of the top crust. The crust will continue to cook during cooling.
- As food cooks, stir or rearrange the pieces at intervals so the food doesn't overcook or cook unevenly. ■



"Once in A Lifetime" Opportunity

1979 LIMITED EDITION
"The Roadside Mill"

ORIGINAL HAND CRAFTED

Currier & Ives Genuine Porcelain Bell

Hand Decorated In Full Color

Each Pure White Bell Trimmed In 22 Karat Gold, Hallmarked, Serially Numbered And Comes With Certificate

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Now available — EXCLUSIVELY by Mail — the first in our 1979 series of beautiful genuine porcelain bells to be issued by American Treasury! It's the newest offering in gleaming, pure white bells honoring Currier & Ives.

The entire surface of this lovely bell depicts, in delicate full color, the Currier & Ives original of "The Roadside Mill". Each limited edition bell is trimmed in 22 karat gold . . . and bears the American Treasury hallmark number on its inner surface! The handle is detailed with a unique 22K. gold "filigree", our exclusive design. Each issue in this rare series will illustrate a different Currier & Ives classic! This valuable limited edition "collector's choice" bell is 5¼ inches high, can be displayed to beautify your home on table, glass case, etagere, or bookshelf.

Buy back Guarantee for 5 years! You know your Limited Edition Currier & Ives Bell can't go down in value, for we put in writing that we will buy it back anytime within the next 5 years, and you will receive a certificate guaranteeing this with your bell!

A truly Limited Edition. (The beautiful 1978 bells are no longer available except by purchase from a collector who ordered them before the cut-off date.) So act now! Hurry — your order for this bell must be received by May 31 1979. All orders received after that date will be returned, since only enough bells to satisfy the orders received before that cut-off date will be manufactured.

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Hurry . . . order yours right now for the unheard of price of $9.98 plus $1 postage, insurance, and handling.



ACT NOW! Get a *FREE MYSTERY GIFT!* worth up to $5.00 with each order while supply lasts! *MAIL COUPON TODAY*

MAIL NO-RISK COUPON TODAY

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Caroline Road, Philadelphia, PA 19176

Yes! Please ship me _____ (CIRM) Hallmarked, Hand Decorated Currier & Ives "The Roadside Mill" Genuine Porcelain Bell(s) trimmed in 22 karat gold and numbered, at only $9.98 each plus $1 per bell to cover postage, insurance & handling. (Only 2 to any address, please!) I understand you will protect my investment in this Bell with a guarantee to buy it back anytime before May 31, 1984 at its original selling price.

Also send a free mystery gift for each order.

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CHARGE IT: (check one) Exp. Date _____
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They're movable people who can change hats and hold tools.



Ride horses and drive covered wagons. Capture banditos and dangerous desperados.

Little people who can be anyone, go anywhere and do anything your kids can possibly imagine.



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Playmobil sets come in: Cowboys, Indians, Cavalry, Doctors and Nurses, Knights, Construction Workers, Fire Fighters and Vacationers. For the Playmobil Dealer nearest you, call toll-free 1-800-328-0740.

BUILDING

TURNING AN ATTIC INTO A TEEN SUITE

Michael Sullivan is a lucky 15-year-old. He has the entire third floor of the house to call his own. His teen-ager's suite was carved from previously unused attic space and contains several features that should appeal to *your* youngsters.



Photographs: Mark Sentiel



Designer: Carey Hammett, ASID. Source: Bonnie Crone

A place to bring friends, or just to get away from parents and listen to *his* kind of music—that's what Mike Sullivan wanted his teen suite to be. The converted attic space on the third floor of the Sullivan home offered the perfect retreat area. There Mike has his own bedroom, a central music room, and even a guest bedroom so the guys can sleep over.

The music/sitting room is big enough for a bunch of music lovers, *above*. And there's plenty of room for records, books, and games in a built-in storage area (just out of camera range). But the most popular feature with Mike's crowd is the mini dance floor in the center of the room. The same fabric that covers the bench and couch was glued with wallpaper adhesive to an uncarpeted square of the floor, then coated with polyurethane for durability. Track lighting overhead helps to show off Mike's colorful collection of rock star posters.

The wide double doors lead to Mike's bedroom, *above*. A single-bed mattress fits into the suede-covered plywood bed platform with 22 inches to spare at the head and the foot, and another 12 inches on each side of the mattress to accommodate a small TV, a lamp, and the phone. A carpeted step running the length of the bed provides casual seating, plus a home for the stereo speakers.

For good looks as well as sound control, the bedroom walls are covered with channel-quilted canvas held in place by ¼x1¾-inch wood nailers. ■

New Belair... all the way to fresh!



NOW 30% LESS 'TAR'!

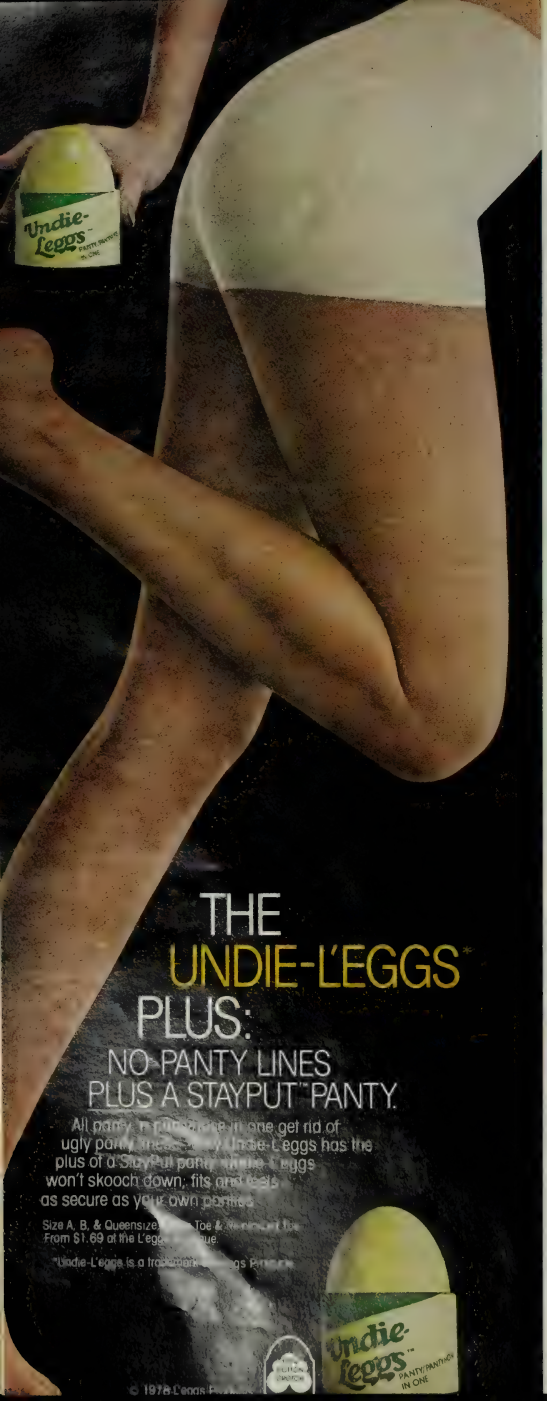
Just the right touch of menthol.
Never heavy. Never harsh.
The taste is pure fresh!



Now only 9 mg.!

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0 .8 mg. nicotine av. per cigarette by FTC method.



GROOMING

Help for chapped lips

There's nothing more annoying than chapped li in the middle of the winter. The more you try to soft cracked and scaling lips by licking them, the wor they become.

Although winter sports enthusiasts are especia plagued by chapped lips, the condition can affe homebodies, too. Not only that, chapped lips can occ at any time of the year. Here are tips to help you tre your chapped lips, and some advice about how prevent them in the first place.

Why lips get chapped

Water, not oil, is what keeps your lips flexible and supp But, the oil glands in your lips secrete a material known *sebum* that coats the outer layer of skin on your lips a retards moisture loss. If this layer of oil is removed, moistu from the lips evaporates three times faster than it norma would. Then, the thin outer layer of skin, known as t *stratum corneum* (which is thinner than this piece paper), begins to dry out. When your lips move, the dry sk stretches and cracks.

The skin covering your lips is much more prone to oil lo than is the skin elsewhere on your body. That's becau your lips are constantly exposed to the elements (sun a dry air). And your lips are frequently in motion and a often exposed to what doctors describe as "mechanic trauma," a term that includes wiping with napkins, abr sion by foods, and even kissing. Habits such as licking biting the lips and the use of soap to remove makeup al contribute to the reduction in lip oils.

Air currents produce windburn on lips; high temper tures and low humidity accelerate evaporation of moistu from the skin. Of all the culprits, low humidity is worst all. And unfortunately, low humidity is a problem in mo of the U.S. from November to April when temperatur are low and heating systems are operating.

How to avoid chapped lips

Obviously, the way to prevent chapped lips is to slow t evaporation of moisture by coating the lips with one of t chapped lips preparations mentioned later. Here are son other ways to lessen the effects of wind, low humidity, a heat on your lips:

- Keep temperatures in your home at the lowest lev that's comfortable for you.
- Increase the humidity of the air. You can do this b using either a whole-house humidifier installed on yo furnace or a portable model that humidifies a single roo such as a bedroom or an office.
- Remove lipstick with lotions or creams designed f that purpose, or with mineral oil.
- Take a tip from professional skiers and ice skater When you're participating in outdoor winter sports, prote your lips from the cold and wind by using a face mask.
- Use cosmetics formulated for dry skin.

continued

Mazola® Pure Corn Oil. A natural for good eating.

If you're concerned about the foods you and your family eat—good foods that are good for you—then you should also think Mazola.

Unlike light colored oils, Mazola is the only leading brand that's pure corn oil. That's why it's golden light. It lets all the natural flavors of good nutritious foods come through. And, Mazola has no cholesterol.

So, when you think good food, think Mazola pure corn oil. The natural for good eating.



epe international

Our soap is worth looking into.



Remember when you were just starting to date boys, and your mother said, "Dear, it doesn't matter how much makeup you use. It's what's inside you that makes you pretty."

Well, some people think our soap is beautiful just because it's transparent.

But Neutrogena® isn't transparent because we wanted it to be beautiful. It's transparent because of what we do and don't do while we're making it. It's what's inside that makes our soap worth looking into. Especially if you have sensitive skin!

Neutrogena is transparent because our mild ingredients are pure. No off-quality materials can ever spoil a batch.

And it's transparent because we don't add artificial hardeners, the substances that make a soap last longer. They might leave a potentially irritating residue on your skin. So our soap doesn't last as long as others, but at least you know it rinses off completely, leaving no irritating reminder on your skin.

In plain words, we care more about what our soap does for sensitive skin than we do about how it looks. Part of that care is a constant testing process. The soap is tested at least 20 times during manufacture. And it's even been tested in outer space by NASA, whose astronauts used it in Skylab voyages.

No wonder dermatologists, allergists and plastic surgeons can recommend Neutrogena. They like it as much for what it *won't* do as for what it *will* do for you. It *won't* leave your skin's natural acid-alkaline balance (pH) out of kilter. It *won't* penetrate so deep it robs your skin of needed oils and moisture. It *won't* irritate, if used properly. But it *will* do something you may not have experienced in a long time —leave your skin clean, fresh, not deprived.

Look into our soap because what's inside counts—purity and quality. Whichever type of sensitive skin you have, we have a formula especially for you. For dry skin, Neutrogena Dry-Skin Soap. For normal sensitive skin, Neutrogena Original formula. For perfume-sensitive skin, Neutrogena Unscented.



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continued

Help for chapped lips

What's the best protection?

The best chapped lip balms put a protective coating over the skin and keep moisture from evaporating.

Of all the lotions, creams, or sticks on your drugstore shelves, the products most often recommended for chapped lips include:

- **Petroleum jelly or mineral oil preparations.** These provide the best protection of all. (Butter and lard fall in this category and may be effective, but they're not very elegant. Also, they have a melting point that is below normal body temperature, and as a result they don't stay on long.)

To treat chapped lips with mineral oil or petroleum jelly, first place a warm washcloth over your lips for about five minutes to get water onto the skin. Then immediately apply a heavy coating of petrolatum (petroleum jelly). Repeat this procedure at least two or three times a day, including bedtime. This treatment also works well for chapped skin that crops up elsewhere on the body, with the exception of the cheeks and other areas that are prone to acne outbreaks.

- **Commercial chapped lips preparations** also contain petrolatum along with "stiffeners" such as beeswax. These preparations have a higher melting point than plain petrolatum and more "staying" power. Most chapped lips preparations are packaged like lipsticks, and those without color or floral scents are suitable for both sexes. (Preparations with fruity flavorings may be more popular with youngsters in your family, but there's a catch. The flavoring may actually make children bite or lick their lips more.) The best thing about these commercial anti-chapping preparations is that they're easy to apply and to carry along in your purse or pocket. Some contain so-called "healing" ingredients such as allantoin, currently under review by the Food and Drug Administration. Others contain sunscreens that make them useful for year-round protection.
- **Lipsticks and lip glosses,** particularly those with added moisturizers, offer women a "fashionable" form of chapped lips protection. Some of these products are advertised by their manufacturers as tinted lip protectants.



When to see your doctor

While home and drugstore remedies for chapped lips will usually do the trick, there may be times when you will want to seek help from a professional. Check with your family doctor or a dermatologist if the chapping persists and is accompanied by burning, itching, or tingling; if cracks or tiny blisters develop on the lips; or if the chapping seems to be more on the border around the lips than on the lips themselves. (Slow healing sores around the mouth and lips may be the first sign of lip cancer. If a case of sore and chapped lips doesn't seem to be healing properly in a month or so, don't ignore the symptoms; see your doctor or a dermatologist.)

Sometimes what appears to you to be a simple case of chapped lips may actually be an allergic reaction to chewing gum, lipstick, dentifrice, or other material such as mouthwash or a flavoring agent in food. ■

(Advertisement)

BETTER HEALTH & GROOMING

by Betty Grayson

SHOP FOR AND SAVE ON THESE PRODUCTS FOR YOUR FAMILY

Before you take Doan's Pills for muscular backache, remember this: MOMENTUM® Tablets are 50% stronger than Doan's. That means MOMENTUM gives you 50% more pain reliever per dose to relieve backache.



To reduce pain, soothe inflammation so muscles loosen — you can move more freely in minutes! There's no stronger backache medication you can buy without a prescription than MOMENTUM Tablets. Take only as directed.

A simple cold remedy can't relieve all major virus flu miseries. But the special formula in VIRO-MED® can. VIRO-MED works quickly to help relieve coughing, nasal and chest congestion, body aches, and the chills and fever of flu.



For effective relief of virus flu miseries simple cold remedies can't give, get the medicine made specially for flu — VIRO-MED. In tablets or liquid. Take only as directed.





WHEN A CHILD FACES HOSPITALIZATION

No one looks forward to being hospitalized, whether it's for a planned surgical procedure or an unexpected illness. But children who face hospitalization are especially vulnerable to apprehension and fear.

What you say and do, and how you react will determine—to a large extent—how your child accepts this stay in the hospital. A lot hinges on this experience. In fact, it may affect the child's attitude toward hospitals and medical care for the rest of his or her life.

Here's what you need to know to help your child the most:

Prepare yourself first

Before you can reassuringly and honestly explain to your child about a hospital stay, you have to become familiar with what's going to happen. Start by talking to the child's doctor. If you have questions about the necessity for a medical procedure, now's the time to ask them (it's wise to make a list so you won't forget anything). If your child's hospitalization is for surgery, you need to know how the operation is done, what it can reasonably be expected to accomplish, and what, if any, diagnostic tests (including X rays) will be needed beforehand.

You also need to learn as much as possible about the hospital's policies governing visiting hours, whether personal toys or pajamas may be brought from home, and what the hospital's routine is like. You'll especially want to ask about the hospital's rules covering a parent's participation during the administration of anesthesia as well as whether the parent can be in the recovery room.

For answers to these questions and any others you may have about the stay in the hospital, check with your doctor or his office nurse, or with the hospital's public relations or nursing service office.

If you're not satisfied with the answers to your questions, you should see if another hospital in your community (where that's possible) has policies more to your liking. Be sure to ask your

continued

Illustration: Bill Ersland, Hellman Design Assoc.

Introducing complete vitamin mineral support in one new tablet.

Good Vitamin News for You and Your Family.

Lederle Laboratories, a ioneer in nutritional research, ıtroduces CENTRUM,™ a ew, complete multivitamin-ıultimineral supplement.



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CENTRUM contains 21 ssential vitamins and minerals rom A to Zinc; more than any f today's leading brands. Compare the CENTRUM ormula to any one of them. Only CENTRUM provides very vitamin and mineral for vhich a U.S. Recommended Daily Allowance has been stablished. CENTRUM, a product of sophisticated technology, represents an up-to-date approach to multivitamin-multimineral supplementation.

CENTRUM—a complete formula in every tablet.

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CENTRUM, as complete as it is, is no substitute for being careful of the way you eat and live.

But CENTRUM, added to your diet, can help you build the broad nutritional base you need. To look good and to feel good.



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From A to Zinc. Everyday.





Introduce your family to CENTRUM with our special introductory offer at your pharmacy.

30 tablets free with 100.



466-8

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COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

So when you want a lift, take Vivarin. It's convenient, inexpensive, easy to take, and it really works.



Read label for directions

continued

Child hospitalization

child's doctor if he practices at the other hospital.

Telling the child

You know your child best, so trust your sense of what and how much to tell him or her (ages given throughout this article are only guidelines). Older children require more detailed explanations than do children between the ages of two and six.

Short hospital stays are often for relatively minor operations or procedures such as tonsillectomy, myringotomy (tubes in the ears), hernia surgery, some types of eye surgery, and certain X-ray procedures. If possible, you and the child's doctor should agree on a date for the procedure—perhaps as much as a month in advance.

A child is more likely to express fears or ask questions at home than in the formal, unfamiliar setting of the doctor's office, so broach the subject of hospitalization at home. (Older youngsters may be told at the doctor's office.) The doctor, the child's friends, or another relative may become part of later discussions, but *you* should be the first to present the facts. Try to state them as simply, clearly, and truthfully as you can. Of course, there may be unanswered questions, but you've left the door open for the child to express his or her concerns. Here's an example of what you might say: "Next week I am going to take you to the hospital where Dr. Smith will operate on your ears. He can fix them so you won't get those earaches anymore. We'll talk a lot more about it before you go, so you'll know what's going to happen."

Exactly when you should tell a child about an upcoming hospitalization depends primarily upon the child's age and level of maturity. A child of four or younger may forget about the hospital visit if you tell him more than a few days ahead. The young child needs time to think, and ask questions, but not so much time as to become worried. It's better to say "You'll go to the hospital the day after tomorrow" than to say "You'll go two weeks from now." Generally, young children will probably ask a lot of questions right at first, and you should anticipate some of them: "How long will I be there?" "Will it hurt?" "Where will you be?' Older children need time (as long as a week or more) to clarify their fears, talk with their friends or siblings about their questions and fears, and then ask their questions of you.

Many hospitals today are offering "one day" surgery. You'll need to provide the same kind of preparation whether the hospitalization is for a day or a month.

Even when an emergency arises (an accident, for instance), some preparation is possible. For instance you might say: "You had a bad fall, so I called Dr. Jones and she wants me to take you to the hospital right away. The people there can take care of you real fast. I'll be with you as much as I can, to tell you what will happen next."

What to stress at home

Here are five main points to emphasize in the "at-home" discussions you have about a stay in the hospital:

- Children should understand to the best of their ability the reasons for the hospitalization, including the relief of a present condition by a surgical or medical procedure, or the prevention of future illness or discomfort.
- Children five or younger must understand that parents can't do what the doctor does and that the procedure, whatever it is, can't be done in the doctor's office.
- Children need to know how long they'll be in the hospital, and how long the operation or procedure itself will take. Your doctor can help you explain these points.
- Describe the total sequence of events, providing examples wherever that's possible—for instance, try to let the youngster know when and for how long you will be present, that a shot or bad-tasting medicine will ultimately take away a "bigger pain," or that before surgery some X rays will be taken.
- Don't forget the children who stay at home. They need some extra attention during this time. Ask their special cooperation during the time their brother or sister is hospitalized.

What children fear

How a child reacts to the hospital

continued

Important dental evidence reveals:

70% OF ALL CAVITIES HAPPEN IN BACK TEETH AND BETWEEN TEETH WHERE BRUSHING OFTEN MISSES.

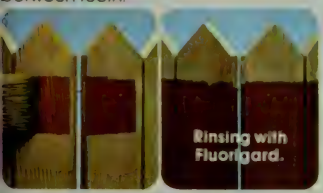
Fluorigard™ Dental Rinse puts cavity-fighting fluoride where the danger is.



There's a better way to fight these "Danger Zone" cavities. Fluorigard Dental Rinse.

If your child still gets cavities, even with regular brushing, Fluorigard Dental Rinse can help. It's a dramatically different approach to cavity prevention. Simple. Inexpensive. But with proven success.

Fluorigard is fluoride in liquid form. So it helps get cavity-fighting fluoride to back teeth, as well as front teeth; even floods those dangerous spaces between teeth.



You may have seen this demonstration on TV. Say this picket fence is your teeth. Brushing the front is easy. But the danger is between teeth and in back teeth where 70% of all cavities happen.



Fluorigard, a liquid, can get in between and to back teeth where brushing often misses.

Cavities reduced up to 50%.

In clinical tests with school children, dental rinses like Fluorigard, used once a day, reduced cavities from 27% to 50%. No wonder many dentists are now recommending Fluorigard.

Easy to use and good tasting.

Since Fluorigard is a rinse, children find it easy to use. And they enjoy its fresh, minty taste.

Remember, just one rinse a day after brushing gives your children extra protection.

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continued

Child hospitalization

varies, depending on what he or she has seen on television, heard from friends or relatives, or simply dreamed up. But most children fear separation from their parents, pain, unknown changes to their bodies, and death.

● The fear of separation affects children of all ages. Younger children tend to view each separation almost as though it were permanent. Older children may perceive separation as rejection. Explain each threat of separation as the situation comes up: "You're going in that room to have an X-ray picture taken. I'll wait beside this door until you come out." Or, "I have to go home tonight while you sleep. I'll be back tomorrow morning after you wake up." Be as accurate as possible in giving times and then stick to what you've promised. When you leave an older child in the hospital to attend to the needs of the rest of the family, don't talk about how normal things will be at home—the child may feel he won't even be missed. Instead, emphasize how much he will be thought of by the family—"I'll be getting dinner ready, but it won't be the same without your help."

● Pain is probably the first thing a child associates with illness. Unfortunately, a child may also feel that pain is the result of something he or she has done wrong, and that hospitalization is a form of punishment.

Stories about shots, X rays, and operations told by imaginative friends may influence the amount of pain a child *thinks* he or she may feel. Because a hospitalization may be your child's first experience with severe pain, you'll have to provide constant reminders that the pain—with the passage of time—will lessen.

Above all, no matter what the child's age, previous experience, and ideas, you must always be truthful when answering questions about pain. If the child asks what he will feel like after having his tonsils removed, tell him that his throat will hurt for a day or two. When a child is about to receive an injection, don't say it won't hurt—say that it will hurt, but just for a short time. If you aren't always truthful about the amount of pain a child will feel (and its duration), you won't be believed when you explain other hospital experiences.

● Fears of disfigurement or change are closely associated (for six- to 12-year-olds) with thoughts about pain. The fear of appearing radically different is of great concern to children who want to look like their parents, siblings, or friends. After you've explained that tonsils are in the throat, that they're the cause of sore throats, and that the doctor will remove them, you'll have to follow through by assuring the child that he or she won't look different without them.

● During discussion of surgical procedures, questions about anesthesia will arise. Try to avoid using—particularly with younger children—the term "going to sleep." Children know (or sense) that they would wake from a normal sleep if they felt pain. Also, your child may have heard of, or had, a pet who was "put to sleep" and never woke up. Instead, say, "You will be

continued



When the heat's on, Sure helps keep me dry.

©1978 Procter & Gamble

I'm a professional research analyst and that means that at the end of every project I have to give the results of my findings to the people who hired me.

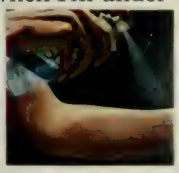
And when you have to stand up in front of a roomful of people, the last thing you want to worry about is your anti-perspirant. Which is why I depend on Sure anti-perspirant.



Sure sprays on dry and really helps keep me dry.

In fact, Sure keeps me so dry, that even when I'm under pressure I still feel confident.

And when everyone is looking at you, that's a nice thing to know.



Sure sprays on dry, unlike some sprays which go on wet and oily.

Dry lips?



If you have dry lips or sore lips, you need Blistex, the medicated ointment in the tube. Blistex soothes and softens cracked, chapped lips, no matter what makes your lips that way! It's also great to help heal fever blisters and cold sores.

Blistex - The lip soother

CANKER SORE?

Now you can get comforting, temporary relief from canker sores and denture irritations with soothing Kank-A. Kank-A is effective because it acts as a protective coating that prevents irritation from food and so soothing Kank-A gives you real relief lets Nature heal your sore mouth! At your favorite drug store



From the makers of Blistex

continued

Child hospitalization

given an anesthetic, that will make you unable to tell what is happening or to feel anything." Stress that when the anesthesia is taken away, the sensation is like waking up, but not from a normal sleep. Tell the child he may have some pain, feel uncomfortable or be nauseated, and that he probably won't see his parents right away.

Another important fact to emphasize: When the need for being in the hospital is over, the child *will* come home. This seemingly obvious reinforcement is particularly important if the child has ever known of someone who died at a hospital.

Along with fearing that he might not wake up, the child may fear that he'll be left behind if he can't "be fixed."

Touring the hospital

Many hospitals provide a preadmission orientation for parents and children. This may take the form of a puppet show, movie, or short play in which the children act out roles—doctors, nurses, patients, and parents. Such tours or classes familiarize the child with equipment (wheelchairs, beds, etc.), a typical room, and various areas of the hospital (laboratory, X-ray department, etc.). The orientation should also acquaint parents with the rules about visiting, meals, and which procedures, if any, you will be able to attend. Don't make any promises that you can't fulfill.

Many general, as well as pediatric, hospitals are becoming more lenient about allowing a parent to stay overnight with a child. You'll have to base the decision about rooming-in on your youngster and your family situation. Some children will feel more secure if a parent spends the night—indeed *you* may feel better if you spend the night. (You should be prepared, however, for the hospital's routine. For instance, the nurses will be making frequent checks on the child during the night that probably will disturb your sleep.) Toddlers and young children (to about age four) vary in their ability to adjust to new situations, and a parent must make the decision about whether to stay or leave based on knowledge of the child's personality and the child's need for reassurance. Older children may not want a parent to stay.

Keep in mind, too, the needs of other family members. Whatever your decision, the reasons for it should be explained to the child. If *you* decide not to stay, make it clear why you can't stay. If the hospital *won't let you stay,* explain that it is because of hospital rules.

Sleeping accommodations for parents can range from a comfortable bed in the child's room to nothing more than two chairs pushed together, a pillow, and a blanket.

At the hospital

Your child may be admitted to the hospital the afternoon before surgery is to take place, or in the case of minor procedures or operations, the same morning. Routine laboratory tests of blood and urine may be done at the time of admission or may have been done previously.

When you arrive at the child's room, ask (if it isn't part of the standard admitting routine) the nurse who will take care of the youngster to provide a brief orientation. Be sure the nurse shows the child the "call button" (reassuring proof for older children that they are not being left alone), the controls for the radio or television set, and the bed. Be sure the youngster knows where the bathroom is located. You might want to discuss the next day's menu and help the child fill out the selection form.

Allowing a youngster to bring a couple of favorite toys or a "security blanket" will help make the hospitalization less traumatic. Sometimes toys are banned: If the child has a contagious disease, any items in the room may have to be destroyed or at least thoroughly sterilized when the child leaves. In such cases it's better to substitute new and inexpensive expendable toys for old favorites that would be sorely missed. A blanket may be cleaned, but stuffed animals and most toys are difficult items to sterilize.

Most pediatric facilities are in favor of parents doing as many things as possible for the child, such as feeding, bathing, and the like. Be sure you understand what you are expected to do and what not to do. Don't be afraid to

continued

"IT'S FROM GERITOL SO YOU KNOW IT'S POTENT"

introducing MEGA VITAMINS

You know how important your body is to you. That's why you should know this important fact:

Your body uses up certain essential vitamins, and uses them up so rapidly, you should replace them every day.

Geritol Mega-Vitamins was created to solve this problem. One Mega-Vitamins tablet every day gives you super potent amounts of those vitamins that your body uses up, plus all the iron of regular Geritol. There's no other formula like it.

New Mega-Vitamins, every day. It's from Geritol, so you know it's potent.



continued

Child hospitalization

ask questions. Ask your child's nurse where to get clean linen and refreshments. The nurses will also advise you about any presurgical regulations such as not allowing the child to eat or drink beforehand. Most pediatric units have a play area for younger children, and you should know the rules for using the facility.

Many hospitals also have a professionally trained "child life" worker who helps ease the child's apprehensions by coordinating play activities and (in the case of school-age youngsters) schoolwork.

You, and your child, will probably be tense and nervous, and it will help the child if you share your feelings: "The hospital certainly is a different type of place than we're used to. It sometimes seems scary, but you know the doctors and nurses want to help and make things go well for you."

If you encounter a problem about your child's care, the first person to talk to is the nurse who is in charge of the unit. He or she will be able to solve most problems; if not, ask to be referred to the nursing supervisor. Nursing personnel are often able to resolve misunderstandings more quickly than your child's doctor, who may not be available at all hours. Many hospitals today have ombudsmen to mediate any differences between patients (or their parents) and the hospital and physicians. Don't hesitate to contact the doctor, though, if your question or problem can't be satisfactorily resolved at the hospital.

For more information

Books such as *Curious George Goes To The Hospital* by H. A. Rey; *What Happens When You Go To The Hospital* by Arthur Shay; *A Hospital Story* by Sara Bonnet Stein; and *Let's Go To A Hospital* by Florence Whitman Rowland will help parents explain the need for a hospital stay. Reading these books to the child will provide an opportunity for questions; role playing with dolls and toys also may help the child act out feelings.

In addition, the Department of Health, Education and Welfare has published a booklet entitled *When Your Child Goes To The Hospital* that discusses many aspects of preparation as well as hospitalization. The booklet includes a list of organizations that are concerned with the emotional needs of hospitalized children. Write to the Publications Unit, A.C.Y.F., Post Office Box 1182, Washington, D.C. 20013, or call 202/755-7724. From one to 50 copies will be sent free of charge. Other sources of information include:

- Association for the Care of Children in Hospitals, 3615 Wisconsin Avenue N.W., Washington, D.C. 20016.
- Public Relations Department, The Children's Hospital of Philadelphia, 34th and Civic Center Blvd., Philadelphia, Pennsylvania 19104. Ask for single copies of the brochures: *Dee Dee's Test* and *Danny's Heart Operation.*
- Public Relations Department, Minneapolis Children's Health Center, 2525 Chicago Avenue, Minneapolis, Minnesota 55405. Ask for their admission kit. ■

(Produced in cooperation with Anne Parker)



When you're expecting, your joy needn't be spoiled by hemorrhoids.

Awaiting the arrival of your baby can be one of the most happy and fulfilling times of your life. It can also be the time when you first experience the discomfort of hemorrhoids. That's because, as the weight of the baby increases, the extra pressure can cause hemorrhoids.

Many expectant mothers first discover Preparation H at this time. Because Preparation H does *more*.

In many cases, Preparation H® gives prompt relief for hours from the burning pain and itch. Then, with its additional medical ingredients, Preparation H goes beyond soothing. It helps *shrink* swelling of hemorrhoidal tissues caused by inflammation. And Preparation H does all this without anesthetics or astringents.

So enjoy completely a most fulfilling time of your life. Use doctor-tested Preparation H for hours of relief from hemorrhoidal symptoms. Use only as directed.



When it comes to aches and fever, aspirin is what doctors recommend most over any other non-prescription fever reducer or pain reliever. And Bayer is the only leading pain reliever that's 100% pure aspirin. And millions have used Bayer with no stomach upset.

Bayer® Aspirin. It's 100% of what the doctor ordered.

Rest. Fluids. Bayer.

Read and follow label directions.

How to clean upholstered furniture

Cleaning upholstered furniture is fairly simple, provided it isn't suffering from excessive soil, unusual stains, shrinkage, or color bleeding. In any of these cases, you would be wise to have the furniture cleaned by a reliable professional cleaning service. Otherwise, you should be able to do a creditable cleaning job by following these suggestions.

Testing the fabric

Before trying to clean the fabric, test it for shrinkage. Sponge an inconspicuous spot with the cleaning solution you plan to use, then let the fabric dry. Any shrinkage will be obvious.

Test for colorfastness by pressing a white paper towel, dampened with the cleaning fluid, against the fabric for several minutes. If the paper is stained, the colors will run.

Removing stains

Remove as much of a fresh spill as you can with a spatula and blot with a towel, tissue, or sponge. Then lightly sponge the soiled area with clean water and blot. Do not rub.

If the stain remains, check the manufacturer's cleaning directions. These may appear on the hangtag, but on some upholstered furniture, the instructions are attached beneath the cushions. Prompt action is important. Allowing a stain to set for any length of time makes it difficult, if not impossible, to remove.

In a few cases, manufacturers recommend only professional cleaning. Most upholstered furniture, however, can be cleaned either with a water-based cleaning agent or with a mild water-free dry-cleaning agent.

To remove water-soluble stains, such as starchy and sugary foods, apply a special upholstery cleaner or a solution of mild detergent suds. Laundry detergents are too strong.

For grease and oil stains, apply a dry-cleaning solvent according to product directions. Sponge alcohol stains with a solution of alcohol and water and blot quickly. To remove stubborn gum and candle wax, freeze the residue with ice cubes in a plastic bag. Next, scrape off the brittle gum or wax and wash the fabric with detergent suds. Sponge urine spots with cold water and then with vinegar, blotting well each time.

Whatever the stain, you may have to repeat the moistening and blotting several times until it disappears.

General cleaning

Give your furniture a general cleaning about twice a year, before it is severely soiled.

If the fabric can be cleaned with a water-based solution, you have a choice of several upholstery shampoos. These are simply mild detergent solutions, neither acid nor alkaline, which dry without leaving a sticky film on the fabric. Follow manufacturer's directions exactly. Or, if you wish, you can make your own shampoo with water and a mild detergent (be sure it contains no bleach.) Whip the solution till it's sudsy and use as you would the commercial shampoo.

If your fabric requires a dry-cleaning fluid, again follow the manufacturer's directions carefully. Solvents should be applied sparingly and wiped off before they soak into the filling material. Foam rubber will be damaged by solvents, and even polyurethane and other synthetic fillings may be damaged by repeated or heavy applications.

Apply the cleaning solution to a small area (about a foot square) at a time and work the suds into the fabric. Then wipe with a clean white cloth.

Use a circular motion when cleaning loop fabrics and straight flat strokes on cut-pile fabrics. Wipe against the nap to return it to an upright position. ■



U.S. GOVERNMENT REPORT: CARLTON LOWEST.

Carlton claim confirmed.

Many cigarettes are using national advertising to identify themselves as "low tar." Consumers, however, should find out just how low these brands are—or aren't. Based on U.S. Government Report:

14 Carltons, Box or Menthol, have less tar than one Vantage.

11 Carltons, Box or Menthol, have less tar than one Merit.

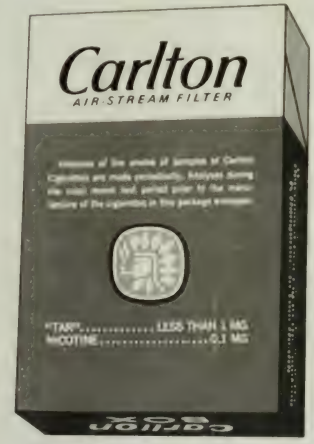
11 Carltons, Box or Menthol, have less tar than one Kent Golden Lights.

6 Carltons, Box or Menthol, have less tar than one True.

The tar and nicotine content per cigarette of selected brands was:

	tar mg.	nicotine mg.
Vantage	11	0.8
Merit	8	0.6
Kent Golden Lights	8	0.7
True	5	0.4
Carlton Soft Pack	1	0.1
Carlton Menthol	less than 1	0.1
Carlton Box	less than 0.5	0.05

This same report confirms of all brands, Carlton Box to be lowest with less than 0.5 mg. tar and 0.05 mg. nicotine.



LOWEST... Less than 1 mg. "tar," 0.1 mg. nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette.-FTC Report May '78.



HIGH-RISK LIFE AND HEALTH INSURANCE

Though fewer people are turned down outright for life insurance today than in the past, a health problem or a risky occupation can still make it difficult or impossible to get coverage. Even when insurance is available, the cost may be prohibitive—three or four times the normal premium, if not more. Here are some new plans and tried and true strategies to help you get the best insurance available at the lowest possible cost.

Lots of changes in life insurance underwriting have taken place in recent years. For example, persons with diabetes generally can get reasonable coverage now. A few years ago, someone undergoing psychotherapy often was "rated"—forced to pay a higher premium—but that's no longer common practice. Specific organizations offer group plans at reasonable cost to many people who had difficulty getting insurance before—persons with epilepsy, the mentally retarded, and older people, to name a few examples. Even persons with a history of cancer may have more insurance options now, once a specific period of time has passed.

Similarly, many occupations once deemed risky are not so now, thanks both to better safety equipment and more up-to-date statistics about what, in fact, is "hazardous." (Window washers and submarine testers are two types of workers who now find it easier to get insurance.)

Ask your agent

Before you assume you're not insurable at reasonable costs, ask your agent to investigate. Even if his or her company won't take you on, or the premiums seem extra high, the agent may broker the business with another company. If not, you'll have to do some research on your own.

Who writes what?

One good source of information is the handbook *Who Writes What in Life and Health Insurance 1979?* published by The National Underwriter Company, 420 E. 4th Street, Cincinnati, Ohio 45202 and priced at $8.50. The book indexes health problems and unusual occupations, and which companies offer coverage. You'll also find ads for groups of underwriting brokers throughout the country that specialize in "substandard coverage."

You may have difficulty deciphering all the book, but it contains plenty of useful information. You'll be guided to several companies (and perhaps brokers) who can tell you what insurance may be available for you and how much it may cost. Keep in mind, though, that your chances will depend ultimately upon a company's specific evaluation of your problem. You may still find that coverage is too expensive.

A new solution for the toughest cases

"Graded death benefit" life insurance (sometimes called "modified" or "guaranteed issue life") is relatively new and is written by a few companies in one form or another in most states. The key to this insurance is "open enrollment": no medical exam is required. Depending upon the coverage and the company, premiums can run from about ten to 50 percent higher than regular policies—but the insurance may be your only protection.

Simply put, the reason graded death benefit insurance is available is that the full face value of such a policy won't be paid if you die from *natural* causes before a certain time period after taking out the policy. (Death from an accident is covered in full at any time.) There are two basic policy types:

- Those with an elimination period. If you die after a certain time—typically, three years—your beneficiaries would receive the full face value upon your death. Before three years, they would receive only the amount of money you paid in premiums, plus interest—five or six percent at today's rates, though some companies pay more.
- Those with a "graded" benefit. In this case, payment to your beneficiaries is pegged to a rising percentage of the face amount of the policy, according to how long you live. Five percent of the face value might be paid if you were to die within the first year, say; 15 percent within the second; and so forth, up through six or seven years, when payment would come in full.

Though none of these policies requires a medical exam, some application forms may ask specific questions—usually much less stringent than with regular insurance—in order to avoid a clear "deathbed" case. A typical question might be whether you've been hospitalized within the past six months or expect to be within the next six, and why.

As with any policy, for the first two years the company has the right to cancel the policy or refuse to pay a claim if it discovers you gave misleading information on the application form. After two years, the policy must be made good, so long as you keep up the premium payments.

Who offers graded death benefit coverage?

Only a handful of companies write graded death benefits policies, though more organizations may be in the business by the time this issue of *Better Homes and Gardens* appears. Not all companies offer the policy in all states.

continued

Drawing: Dudycha/Schirck and Associates

Café 7 classy coffee

Café 7 will impress the most sophisticated tastes. Just add 1½ oz. of Seagram's 7 to a cup of your favorite coffee. Add sugar to taste and top with whipped cream. Now that's classy coffee. Enjoy our quality in moderation.

Seagram's 7 Crown
Where quality drinks begin.



SEAGRAM DISTILLERS COMPANY, N.Y.C. AMERICAN WHISKEY—A BLEND. 80 PROOF.

Finally, a way
to keep your dog out of heat
that's as easy as feeding her.

Cheque® (mibolerone)
Drops

She's a terrific dog. Gentle, smart. Great with people. But, she is female and that means heat periods. And *that* means confinement, a yard full of male dogs, or a litter of unwanted pups. Still you're not ready to have her spayed.

Now, Upjohn introduces the easy way to keep your dog out of heat—new Cheque.

Just add Cheque to your dog's food daily to keep her out of heat for as long as *you* want. To allow her to come back to normal cycle, simply stop giving her Cheque.

Your veterinarian can tell you about Cheque



and prescribe the proper dosage for your dog. So see your veterinarian today and forget the problems of heat.

Cheque—with your veterinarian.

continued

High-risk insurance

Also, terms and costs vary. Your best approach is to write several of these companies for more information.

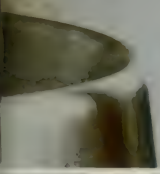
Among the most prominent issuers:

- Federal Kemper Life Assurance Company, Route 22, Long Grove, Illinois 60049.
- The Chesapeake Life Insurance Company, 527 St. Paul Street, Baltimore, Maryland 21202.
- Globe Life Insurance Company, 222 North Dearborn Street, Chicago, Illinois 60601.
- North American Equitable Life Assurance Company, 1015 East Broad Street, Columbus, Ohio 43205.
- Security Benefit Life Insurance Company, 700 Harrison Street, Topeka, Kansas 66636.
- Occidental Life Insurance Company of California, 1150 South Olive, Los Angeles, California 90015.
- American Pioneer Life Insurance Company, 600 Courtland Street, Orlando, Florida 32804.

Some help for persons with epilepsy

Until recently, most persons with diagnosed epilepsy simply could not get life insurance coverage or had to pay extremely high rates. Now many epilepsy patients—though by no means all—can get coverage at reasonable costs under a group policy offered through the Epilepsy Foundation of America, 1828 L Street N.W., Washington, D.C. 20036. Write them for de-

...® (mibolerone) is administered
or heat prevention in adult female
ot intended primarily for breeding
s. Cheque should not be given to
ales that have not had at least one
eat, pregnant females, male dogs
or cats. Usage must begin at least
30 days prior to the start of heat.
kennel trials and in-home evalua-
s for various periods of time, more
than 90 percent of normal, mature
emales did not show signs of heat
when administered Cheque
in adequate dosage.
If Cheque dosage is started and
the female then comes into
heat, Cheque may be con-
tinued but caution should be
taken to prevent breeding. If
breeding occurs, Cheque
dosage should be stopped
until such time as the female is
determined not to be pregnant.
Cheque should not be admin-
istered to any animal with prior
history of liver or kidney disease.
Some females may exhibit the fol-
wing side effects: clitoral enlarge-
ment, vaginal discharge, riding
behavior and tearing. Occasional
ales have had a musky body odor.
Cheque is available
in bottles of 27.5, 55 and 110 ml
with graduated dropper. Each
ml contains 100 mcg mibolerone
and propylene glycol, qs.
Cheque dosage should
be discontinued after 24
months of use.
Not for human use.
Also from Upjohn: Unipet® nutritional supplements and Unipet™ Flea and Tick Collars.



ails. Membership in the Foundation is required, but the fee is nominal—no more than $12 a year and less in certain cases. Check with the Foundation. Membership brings other benefits as well, such as substantial discounts on medicine.

Make the most of group

Group coverage is cheap and does not require a medical exam or demand facts about your health. Coverage comes automatically after you join the group and meet certain time-limit or employment standards. Keep these possibilities in mind:

- If you're covered at work, you may be able to take on more insurance under the same plan. Do so, even for a fee; it's about the cheapest way available to get more insurance.
- Seek out other groups, whether or not you have on-the-job insurance coverage. Often unions, professional associations, credit unions, fraternal societies, and the like offer group life insurance to members.
- Convert your group coverage when you leave your job. You have up to 30 days to get a new, individual policy from the same company, with no medical exam required and no medical qustions asked. You may have a choice of converting to a whole life policy or to a less costly one-year term policy which you could convert later into whole life if you choose to. Either policy will cost you more than group – but the 30-day conversion clause could be your best recourse if you fear a health problem will cause an insurer to turn you down or "rate" you for more expensive premiums than normal for your age. Be sure to get the facts about other plans and compare them as soon as you know you'll be leaving your job.

Protect yourself in advance

Take steps now to provide extra insurance protection for your family. For example:

- Buy insurance with a "waiver of premium" clause (about 38 cents to 40 cents a year per $1,000 face value for a 30-year-old man, for example) so that your premiums will be paid and your insurance kept in force even if you become disabled and can no longer work.
- Look into policies that allow you to use the dividends to purchase additional insurance automatically.
- Consider buying "convertible term" so you can convert the policy later to permanent insurance without having to take a physical exam. Rates are pegged to your age when you convert.
- Investigate whole life policies that will permit additional purchases up to set amounts in future years—again, without a medical exam.

What about health insurance?

Unfortunately, the picture is not nearly so promising, even though more widespread conversion privileges, higher benefit limits for major medical coverage, plus other developments make the situation brighter than it was five years ago. The big problem remains the fact that health care costs continue to skyrocket. Still your best bet is to act wisely before a serious health condition occurs. To that end:

- Make the most of group coverage wherever you get it. See that all eligible family members are included in your plan so they can take advantage of the conversion privilege when you leave the plan. (In order for them to exercise that privilege, you'll probably have to convert as well.)
- If you're covered just on someone else's group plan (your spouse's for instance) familiarize yourself with all conversion possibilities. That's critical if the person who has primary coverage is planning to leave the job.
- If you buy a policy on your own, look for one with guaranteed (not optional) renewability and unlimited or very high ($250,000) major medical benefits.

What if you cannot convert a group policy or you have trouble getting regular health insurance?

- Look for policies that have liberal "preexisting conditions" rules. Those are the clauses that exclude claims resulting from a health problem that you were treated for before you took out the policy. Two years is typical exclusion time, but some plans offer one year or less.
- Compare coverage, costs, and preexisting rules for several mail-order plans. These do not require a medical exam but you may be asked specific questions about your health—whether you've been hospitalized recently, for example, and why—in order to exclude certain conditions.
- When you're between jobs, shop for "interim health insurance" for coverage (or group plans, whatever the source). Typical interims are 30, 60, 90 days or more. These generally are open enrollment plans (no medical exam) and have liberal preexisting conditions clauses. Among the companies that write this kind of insurance are New Time Insurance Company, 515 West Wells Street, Milwaukee, Wisconsin 53201; The Travelers Insurance Company, One Tower Square, Hartford, Connecticut 06115; and Allstate, Allstate Plaza, Northbrook, Illinois 60062. ■

"IF YOUR SEWING PASS THIS SIMPLE IN ON A SINGER



1. DOES IT REMEMBER YOUR STITCH PATTERN AT A TOUCH?

Ours does. Only Singer makes *TouchTronic** memory machines. Just touch, and the memory remembers any of up to 27 stitch patterns. You've got to touch them to believe them.

2. CAN IT MEASURE AND MAKE A BUTTONHOLE IN ONE STEP?

Ours can. Four of our machines actually measure your button for you and make a buttonhole to fit – all in one step.



MACHINE CAN'T TEST, TRADE IT MACHINE THAT CAN."

-POLLY BERGEN



3. CAN IT WIND ITS OWN BOBBIN?

Ours can. And only ours can. Today, we make four different machines with bobbins that wind right in the machine, with thread right from the needle.

. DOES IT GIVE YOU A NARROW ARM OR SEWING IN TIGHT PLACES JUST Y DROPPING A PANEL?

Ours does. We make four different machines with the exclusive *Flip & Sew** panel. Only Singer makes it this easy to ew where it's hard to reach.

. CAN IT SPEED-BASTE FOR YOU?

Ours can. Speed-basting is just like egular basting, only faster, because you o it on a machine. We make three machines with built-in speed-basting for titches up to two inches long.

. CAN IT HELP YOU THREAD HE NEEDLE?

Ours can. On our newest, the *Touch-Tronic* 2001 memory machine, you guide he thread into the wide end of a little funel. The funnel then guides the thread hrough the eye of the needle. Once again, ou do the easy part. Singer does the hard art.



Polly Bergen is a member of the Singer Board of Directors.

7. DOES IT TELL YOU WHEN YOUR BOBBIN IS RUNNING LOW?

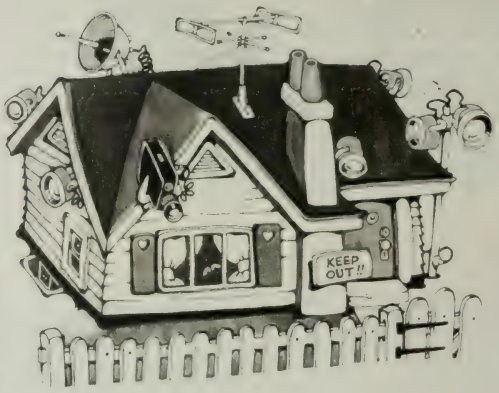
Ours does. Our *TouchTronic* 2001 memory machine has a warning light that flashes to tell you there's only a little thread left on the bobbin, instead of letting you find out the hard way – by running out of bobbin thread in the middle of a seam.

If you answered yes to all seven questions, you already own a *Singer** machine. If you answered no, you're working too hard. Bring us your old machine, and we'll give you a trade-in allowance off the price of a new one.

Which means you get easy Singer sewing for an even easier price.

100 MILLION PEOPLE SEW EASIER WITH SINGER.

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Trade-ins optional at participating dealers.



41 ways to discourage a burglar

Burglars generally are unskilled and tend to choose empty houses that are easy to enter. If a burglar can't break in within four minutes, he'll usually give up and move on. Consequently, your best defense against burglary is to make your home difficult to enter. Here are some simple yet effective steps you can take to deter a would-be burglar:

Make entry difficult for the burglar

- Install good exterior lighting. Locate lamps under the eaves so burglars will have a hard time reaching the bulbs.
- Frost or cover garage windows and keep the doors closed so no one can see when your car is gone.
- Trim back shrubs around the doors and windows of your home. Don't give burglars sheltered areas in which to hide.
- Padlock ladders to fixed objects.
- Keep tools in the house, not in an unlocked garage.
- If possible, keep your valuables in a safe deposit box.
- Mark valuables in your home with an engraving pen available from your local police, and display the "Operation Identification" decal to warn would-be burglars that your belongings can be identified and traced.
- Change locks or tumblers when you move into a new house.
- Install sturdy door locks that have at least one-inch bolts and one-way screws.
- Use double-cylinder locks on exterior doors with glass panels.
- Install key locks for double-hung and casement windows.
- Protect basement windows with grilles.
- Install key locks or removable drop bars on sliding glass doors.
- Consider installing an alarm system approved by Underwriters' Laboratories (U.L.).
- Be sure your house numbers are readable from the street so police can find your home fast in an emergency.
- Check out workmen, locksmiths, etc., with the Better Business Bureau. Always ask to see a worker's identification before you let him/her into your house.
- Always ask to see a door-to-door vendor's permit or license.
- In conversations with strangers, don't reveal when your home will be empty.
- Be suspicious of strangers and unfamiliar vehicles in your neighborhood. Note license numbers.
- Get a large mailbox so your mail doesn't stay on the doorstep all day.
- Identify your mailbox with your address only. Putting your name on your mailbox can give would-be burglars access to your phone number.
- Don't leave your car keys or house keys in places that are accessible to workmen.
- Don't put identification of any kind on a key ring. It might be lost and fall into the wrong hands.
- Don't leave your house key with your car key in a public parking lot.

Give your house that lived-in look

Whether you leave home for a few minutes or for several days, take these precautions:

- Lock all doors and windows.
- Set a radio and various indoor lights on automatic timers.
- Leave outside lights on at night.
- Set your telephone bell on "low" so unanswered ringing can't be heard outside the house.
- Arrange window shades and blinds in various open and shut positions to make it appear that you're at home.
- Run air conditioners on hot days.
- Shut your garage door.
- Ask a neighbor to park an extra car in your driveway.
- Arrange for the maintenance of the grounds around your house so the place has a lived-in look.
- Ask neighbors to pick up daily mail and other items from your doorstep.
- Have neighbors use your trash cans while you're away.
- Consider employing a house-sitter, especially for those times when you're attending a wedding or a funeral that's been noted in the newspaper. Burglars use the paper to help them plan their workdays.
- Don't leave notes for workmen, family, or friends on your door.
- Have merchandise delivered to a neighbor in your absence.
- Don't hide keys in obvious places such as in the mailbox, under the doormat, or on a ledge near the door.
- Never give keys to workmen. Instead, ask a neighbor to let them in and relock the door after they leave.
- Don't talk about impending trips in public places or with strangers. ■

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Get More satisfaction.



More offers you an extra measure of satisfaction.

Because More's got the great taste you want in a cigarette. Taste that satisfies. Taste that makes More a truly enjoyable smoking experience.

And you get extra satisfaction from More's 120 mm length which lets you enjoy all that great taste even longer.

More also has the style that could only come from a long, slim, brown cigarette.

Once you get More satisfaction, you'll never accept anything less.

More. For that extra measure of satisfaction.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.



WHAT YOU SHOULD KNOW ABOUT PET REGISTRATION

Registering a dog or cat can be simple enough, provided you understand the process and the privileges and guarantees that go along with the registration fees. Here's a rundown of the basics.

Buyer beware

If you're considering buying a registered dog or cat, make sure you get what you pay for. For instance, when a dog is advertised "AKC registered," the seller already may have the animal's registration papers in hand, or may be offering an application for registration (in which case you pay the registration fee), or may only have the animal's pedigree (record of his ancestry), which is no guarantee that the dog or cat even can be registered.

Before you buy, always get either a registration application or certificate of registration from the seller. An application assures you the animal is eligible for registration; a certificate tells you the pet already is registered with an authorized name and number.

What if you find a dog or cat you can't resist, but his "papers" aren't available? Get a receipt that spells out the following information: breed, sex, color, distinctive markings, date of birth, registered names and numbers of the sire and dam, and name and address of the breeder. To protect yourself further, ask the seller to agree in advance that you'll get your money back if the animal's papers aren't delivered within a specified time. Get this provision in writing, too. Otherwise, don't buy! Never accept a verbal guarantee that papers will come later.

Make sure the animal's registration forms are complete before they're turned over to you. Has information about the sire and dam been filled in? Does the description of the animal listed (sex, color, other identifying markings, and so forth) match the dog or cat you're buying? Do signatures of the owners of both the sire and the dam appear on the registration form (when they're required)?

On applications for registration, the only information that should be left for you to fill in is the animal's registered name (which you usually may choose), date of purchase, and your signature as the new owner. Some registering organizations ask you to indicate a couple of names, in case your first choice already has been taken.

If the seller already has the animal's registration certificate, you won't get the chance to pick out your new pet's registered name. But you will want to have the animal's registration transferred to you (usually there's a $3 to $7 processing fee). Make sure all the information pertaining to previous transfers of ownership is up to date. Allow about three or four weeks for processing most registration applications and transfer of ownership forms.

What registration means

Owning a registered pet offers two basic advantages:

- Registered pets are eligible to compete in shows or sporting events sponsored by the registering organization.
- Registered pets and their offspring usually sell for better prices than mixed breeds.

Also, buying a registered pet is reasonable assurance that you're getting a purebred with no surprises in his family tree. But registration doesn't guarantee top quality. Any dog or cat with registered parents can be registered—regardless of whether the animal has the characteristics considered desirable for that particular breed.

Even if you don't plan to show, breed, or sell a dog or cat when you buy it, it's still a good idea to register any animal that's eligible. The cost is minimal (about $5 to $8 per dog and $2 to $4 per cat, depending on the registry). If you don't register your pet now, you may want to later—and by then his registration forms may have been mislaid. Also, some registering organizations may hesitate to register older animals.

Some breeders sell purebred animals of mediocre breeding and show quality at very reasonable prices without registration papers. These dogs and cats sometimes have been neutered, so they can't pass along undesirable traits. Or the breeders may agree to turn over the registration papers to you after you've had the animal neutered. If you're just looking for a lovable pet, these dogs and cats can be good buys.

Registering a litter

If you own a registered female dog or cat and decide to raise a litter of purebreds, registering the litter is your re-

continued

Drawing: Bill Ersland: Hellman Design Associates



Corky learned a lesson about skunks, and the kennel taught us a lesson about Gaines·burgers® DOG FOOD He loves it.



When Corky got into a friendly
gument with a wild skunk, we
d to take him to the kennel for
special bath.
And while he isn't particular about his friends, he is particular about what he eats. Canned dog food. Period. And when the kennel had to keep him overnight, I was worried that he wouldn't eat.

Was I in for a surprise.

When we picked him up the next afternoon, he was devouring a bowl of Gaines•burgers like he'd been eating it all his life.

The kennel owner explained that not only is Gaines•burgers® dog food nutritionally balanced, but it's moist and meaty like canned dog food, too. And Corky was evidence that it must taste terrific.

Well, to make a long story short, Corky now eats Gaines•burgers every day and loves it. And I love the convenience.

It seems like that poor little skunk taught us all a lesson.



The canned dog food without the can.®

Gaines

A nutritious combination of meat by-products, vegetables, vitamins and minerals.



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Pet registration

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Individual registration applications (when required) also should be filled out, ready for the new owners when the puppies or kittens are weaned.

Which registry?

There are several different registering organizations to choose from: four for dogs and nine for cats. If you plan to enter your pet in shows, you may want to register him with more than one. Some permit pets registered with organizations other than their own to enter their shows; others are more particular and do not.

The American Kennel Club (AKC) is the most popular



Aunt Jemima

a family favorite that fits a family budget!







Fill your plate with light and fluffy Aunt Jemima Pancakes and sweeten 'em up with rich, thick Aunt Jemima Syrup. Then enjoy a breakfast bargain.

Costs just 14¢ per serving!

Hey, Mikey!

Now there's a new Life Cereal. Cinnamon Life.





Now there are 2 kinds of Life Cereals to please all kinds of kids.



BETTER HOMES & GARDENS S1 QO-B

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Laundry myths debunked

Most of us think our washday now-how is as up-to-date as our laundry equipment, but that's not necessarily the case. Misconceptions still abound, as the following examples demonstrate.

MYTH: Detergent manufacturers always recommend using more detergent than is necessary.

FACT: The amount of detergent recommended—usually 1¼ cups—is for average conditions: normally soiled clothes, a regular-sized washtub, and average water hardness. The amount of detergent should be increased if any of these conditions is above average.

A survey by a laundry equipment manufacturer revealed that the majority of consumers use only about ½ cup detergent. As a result, dirt and oily soil are redeposited on clothes, fabrics become dingy, and stains are not removed.

MYTH: Soaking and pretreating spots and stains aren't necessary with today's detergents.

FACT: Lower phosphate levels have impaired the effectiveness of detergents. In particular, consumers in hard water areas of the country have more cleaning problems when they use low- or no-phosphate detergents. Under these conditions, it is especially important for consumers to soak and pretreat oily and stained garments.

MYTH: Synthetic and permanent press fabrics are easier to launder than natural fabrics because the soil stays on the surface of synthetics.

FACT: Some types of soil stay on the surface of synthetics, but greasy, oily stains do penetrate. In fact, polyester garments have such an affinity for oil that they can actually absorb oils from other clothes in the same load of wash.

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FACT: Soap works fine for cleaning clothes in soft water. But in most communities, hard water minerals combine with soap and form a lime curd. In an automatic washer this insoluble scum deposits on clothes and washer parts. Detergent is best for most water conditions. The amount should be adjusted according to the size of the load, the hardness of the water, and the degree of soil buildup.

MYTH: A good level of suds on the surface of wash water is an indication that you're using enough detergent.

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If clothes don't come clean, use more detergent than the amount recommended on the detergent container.

MYTH: All clothes can be washed in cold water to save energy.

FACT: Lightly soiled clothes and bright colors that tend to fade should be washed in cold water. For normal to heavily soiled garments, use hot water.

MYTH: It's a good idea to wash only full loads even if the washer is occasionally overloaded.

FACT: Overloading the washer, even if you do it only occasionally, can cause serious problems. Crowding clothes reduces washing action and clothes will become dingy. Washing too many items at once creates excess lint, traps undissolved detergent in folds of fabric, and is rough on clothes. Some items may even get torn during the wash cycle if the wash basket is overloaded.

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Phosphates are added to detergents to tie up hard water minerals so other ingredients can remove dirt. The percentage of phosphate is listed on the detergent container. Most detergents today fall into the six- to eight-percent range—down from 12 percent.

In some parts of the country, phosphates have been completely eliminated by legislative decree. As a result, all detergents are less effective than a few years ago, most noticeably in areas where hard water minerals reduce cleaning power. If you've found your freshly washed clothes aren't as clean as you'd like, you might experiment with a detergent that has a higher percentage of phosphate. ■



Kahlúa. Coffee Liqueur from Sunny Mexico. 53 Proof.
Maidstone Wine & Spirits Inc. 116 N. Robertson, Los Angeles, CA 90048.



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Aunt Jemima

a family favorite that fits a family budget!



Costs just 14¢ per serving!

Hey, Mikey!



STORE COUPON 2878

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ON ANY SIZE, ANY FLAVOR

Aunt Jemima® Pancake Mix



10¢

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STORE COUPON 2879

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STORE COUPON 2869

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ON ANY FLAVOR

Instant Quaker® Oatmeal



10¢

9869 Coupon expires November 30, 1979

STORE COUPON 2772

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ON ANY SIZE, ANY FLAVOR

Quaker® 100% Natural Cereal



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STORE COUPON 2856

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ON 15 OZ.

Cinnamon Life® Cereal



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9982 Coupon expires November 30, 1979

STORE COUPON 2857

Save 10¢

ON ANY SIZE, ANY FLAVOR

Cap'n Crunch® Cereal



10¢

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Who says kids don't like hot cereals!









"This guy likes cold cereal.
But Instant Quaker Oatmeal
got him to like a hot cereal too."



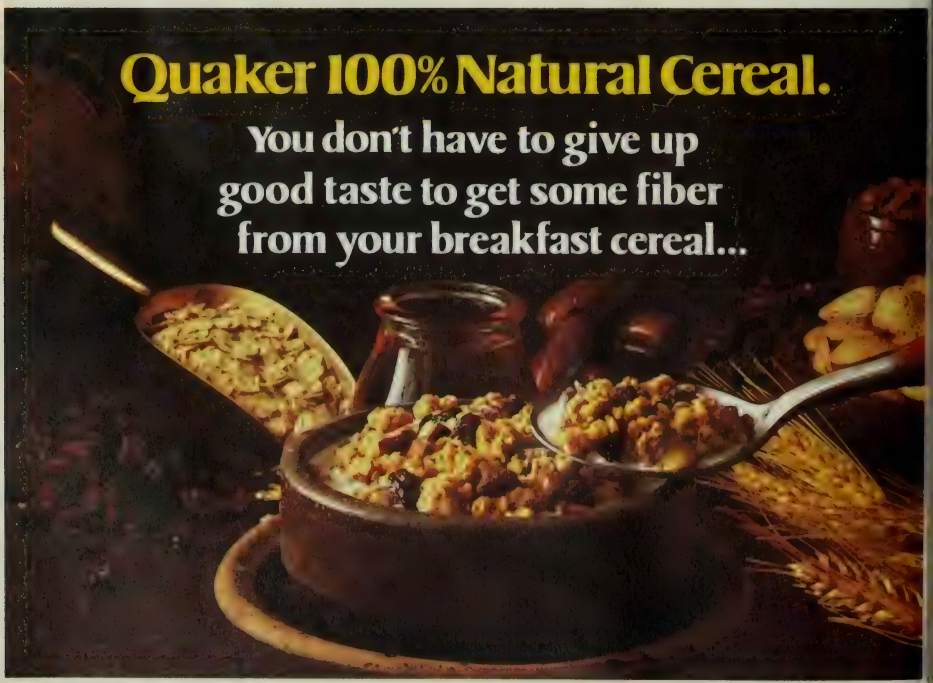




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Quaker 100% Natural Cereal.

You don't have to give up
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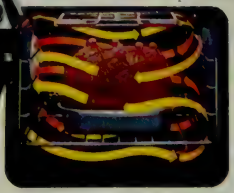


Jenn-Air gives you that great outdoor char-flavor indoors. Anytime. Any weather.

Now, thanks to Jenn-Air's built-in ventilation system, you can enjoy all the flavors and fun of a backyard barbecue right in your own kitchen. Sizzle up delicious smokey-char steaks, burgers, chops, all your family favorites *indoors—all year round.* **The extraordinary Jenn-Air range actually breathes in air.** Pulls smoke over and around grilling foods. Then vents it away so your kitchen stays clean and fresh. **Five ways to cook like a gourmet.** In addition to grilling, handy plug-in units let you spit-roast, shish kebab, griddle and deep fry. All on top of the range. All without a hood.



Two ways to roast and bake in one. Jenn-Air has a *conventional electric* oven that switches to a professional-type convectec oven to cook quicker and at lower temperatures in a stream of power-driven air.



For a Jenn-Air dealer near you, see the Yellow Pages, call toll free 800-428-4560, or write Jenn-Air Corporation, 3035 Shadeland Avenue, Indianapolis, Ind. 46226. Also available in Canada.

The Jenn-Air Grill-Range.

® The range that breathes.

How to hang it

Want to hang a few plants over your kitchen sink or secure a pot rack to the ceiling? Here's how to do the job, depending on the kind of ceiling—lath, plasterboard, or concrete—in your house.

Lath and plaster ceilings

To hang anything weighing over 75 pounds from a plaster ceiling, first locate one of the ceiling joists. Use an electric drill to drill a hole slightly smaller than the screw or hook to be used. If you hit a joist, go no farther; screw in a hook or screw eye. (Be sure what you hit is a joist rather than a lath.) If you do not locate a joist in your first attempt, use the drill to remake the hole at an angle. Straighten out a coat hanger and determine how far away the nearest joist is by pushing the coat hanger through the hole. Joists are usually placed 16 to 20 inches apart. (Keep this in mind if you're hanging something that takes more than one screw.)

After you've located the joist, drill a hole slightly smaller than the diameter of the screw hook you're using. Twist the hook in and you're all set to hang the plant or pot rack.

If the item you want to hang weighs less than 15 pounds and you want to hang it where no joist exists, use either a toggle bolt or a Molly bolt. For a toggle bolt, drill a hole just big enough for the closed wings or toggles to fit through. Thread the bolt portion of the assembly onto the bolt end and work the toggles and bolt up through the drilled hole; the wings will open up. After you screw the hook end in tight, the toggle assembly will flip open and lock in place.

To install a Molly bolt, drill a hole the same diameter as the bolt and its outer casing. Insert the Molly bolt into the hole and tighten it down. As you do this, the split casing around the bolt will expand and tighten against the ceiling. Remove the bolt and install the desired hanging device.

Light objects can usually be hung by screwing a small hook through the plaster into one of the laths.

Plasterboard ceilings

Plasterboard ceilings can hold up to 15 pounds if a toggle hook assembly is used. Keep in mind that plasterboard will not support much weight. It is better to locate a joist, using the procedure described above, and hang the object from a screw hook or screw eye that's anchored to the joist.

Concrete ceilings

Concrete ceilings are difficult but by no means impossible to penetrate. Equip yourself with an electric drill, a carbide bit, an anchor (made of lead, fiber, or nylon), and a screw hook. The carbide bit must be the same diameter as the anchor, and the screw hook the correct size to screw into the center of the anchor.

Drill a hole up into the concrete and insert the anchor. As you screw in the hook, the anchor will expand into the concrete to hold tight. If the fit is good and snug, each of these anchors should hold up to 200 pounds depending on the diameter of the anchor. ■



When you experience the discomfort of occasional constipation, you want one thing—relief. And you want it as quickly yet gently as possible.

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"The Wakefield people asked me to impress a gourmet society ...instantly. I was terrified."

George Plimpton, Author and Professional Amateur.



"As a Professional Amateur, I quarterbacked the Detroit Lions, played goal for the Boston Bruins and lived to write about it. But when the Wakefield people asked me to impress a gourmet society with some hors d'oeuvres (cooking, by the way, is something I do even less well than I quarterback), I was unnerved. However, they gave me two packages of Wakefield Frozen Crabmeat, thawed, and the following simple suggestion.

"It's delicious as it comes from the box, but for a treat, mix equal parts of chopped celery and slivered almonds with the crabmeat, add mayonnaise and lemon juice and place on crackers, sliced fresh vegetables, halved artichoke hearts... whatever.

"Voila! Not only was the society impressed... instantly—so was I. Wakefield quality crabmeat virtually assures you success no matter what the recipe. It's as close to fresh as you can get without cooking, cracking and cleaning the thorny beasts yourself. That's because Wakefield cooks in the shell to retain natural juices, firm white texture and that appetizing red blush. Seriously, if I can do it—you certainly can. Wakefield is impressive ... instantly."



Wakefield. Impressive...instantly. T.M.

Look for it in your grocer's frozen seafood case.

© Pearl Seafoods 1978

FOOD

Easy after-dinner drinks

When you need a simple but elegant dinner finale, try one of these quick-to-fix after-dinner sippers.

After-dinner coffees

For each drink add the flavorings indicated to ½ cup of *double-strength coffee* and top with whipped cream.

Orange Coffee: 2 tablespoons chocolate-flavored syrup and 2 tablespoons orange liqueur.

Coffee Benedictine: 2 tablespoons benedictine and 2 tablespoons light cream.

Mocha Special: 2 tablespoons coffee liqueur and 1 tablespoon chocolate-flavored syrup.

Chocolate-Mint Coffee: 2 tablespoons chocolate-mint liqueur *or* 1 tablespoon *each* crème de cacao and white crème de menthe.

Irish Coffee: 1 tablespoon Irish whiskey and 2 teaspoons sugar.

Coffee Double: 1 tablespoon coffee liqueur and 1 tablespoon brandy.

Coffee Almond: 2 tablespoons crème de almond.

After-dinner chocolate

For each cup of hot cocoa, add 1 tablespoon crème de cacao, cherry brandy, coffee liqueur, or apricot brandy. Top with whipped cream.

Ice cream drinks

In blender container add flavorings listed below (2 tablespoons total liqueur per drink). Then add about ½ cup softened vanilla ice cream per drink. Cover; blend till nearly smooth. Serve in champagne glasses.

Grasshopper: equal parts white crème de cacao and green crème de menthe.

Pink Squirrel: equal parts crème de almond and white crème de cacao.

Alexander: equal parts brandy, coffee liqueur, or gin and crème de cacao.

Iced liqueurs

Serve your favorite liqueurs over ice. Try equal parts crème de cacao and crème de menthe or equal parts coffee liqueur and vodka. ■

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Roasts for Special Meals

When company comes for dinner, or you simply want to jazz up mid-winter menus, try one of our easy but elegant roast recipes. Both the beef tenderloin and the boneless pork roast are naturally tender, and the marinades make them succulent as well. The marinades also double as sauces for added flavor. What's more, carving is extra easy with these boneless cuts.

ROAST TENDERLOIN DIANE

¼ cup dry white wine
¼ cup brandy
3 tablespoons lemon juice
2 tablespoons snipped chives
1½ teaspoons salt
1 teaspoon worcestershire sauce
¼ teaspoon freshly ground pepper
1 2-pound beef tenderloin
2 tablespoons water
2 tablespoons butter *or* margarine
Halved cooked mushrooms (optional)



Photographs: Dieter

Combine wine, brandy, lemon juice, chives, salt, worcestershire, and pepper. Place meat in plastic bag; set in loaf dish. Pour marinade over meat and tie bag closed. Let stand no longer than 2 hours at room temperature or overnight in refrigerator, occasionally pressing bag against meat to distribute marinade. Remove meat, reserving marinade. Pat meat dry with paper toweling. Place tenderloin on rack in shallow roasting pan. Bake in 425° oven for 45 to 55 minutes, basting the meat occasionally with about half of the marinade. In small saucepan heat remaining marinade, the water, and butter or margarine till mixture bubbles. Slice meat into ¼-inch-thick slices and arrange on heated platter. Spoon sauce over meat. Garnish with cooked mushroom halves, if desired. Makes 6 servings.



FESTIVE PORK ROAST

¾ cup dry red wine
⅓ cup packed brown sugar
¼ cup vinegar
¼ cup catsup
¼ cup water
2 tablespoons cooking oil
1 tablespoon soy sauce
1 clove garlic, minced
1 teaspoon curry powder
½ teaspoon ground ginger
¼ teaspoon pepper
1 5-pound boneless rolled pork roast
2 teaspoons cornstarch

Combine wine, brown sugar, vinegar, catsup, water, cooking oil, soy sauce, garlic, curry powder, ginger, and pepper. Place meat in plastic bag; set in shallow dish. Pour marinade over meat; close bag. Marinate in refrigerator 6 to 8 hours or overnight, turning several times. Drain meat, reserving 1¼ cups marinade. Pat meat dry with paper toweling. Place meat on rack in shallow roasting pan. Roast in 325° oven for 2¼ to 2¾ hours or till meat thermometer registers 170°.

Meanwhile, blend cornstarch and reserved marinade; cook and stir till thickened and bubbly. Brush roast frequently with marinade during last 15 minutes of cooking. Reheat remaining sauce and pass with meat. Makes 15 servings. ■



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New uses for antiques

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Photographs: E. Alan McGee. Designer: Ronnie Adelman. Architect: William Mitchell. Source: Ruth Grenci



Photograph: John Rogers. Source: Barbara Sims/Linda Magazzine

Left: An antique mirrored dresser adds nostalgic appeal to this compact half bath. To recycle the relic into a usable lavatory/vanity, holes were cut in the back and top, then the plumbing was installed, and the dresser unit built in. The decorative blue and white floral basin and ceramic-handled tap point up the period look. Bold bandanna-print wall covering repeats the crisp blue and white scheme. Two coats of clear urethane varnish applied to the vanity surface make the wood impervious to water.

Right: This unconventional closet is actually an old French armoire that has been built into the wall. Not only does it function as handy coat storage in the entry hall, it also sets the pace for the adjacent room's eclectic style of decorating. The permanent installation conserves floor space while allowing the luxurious carving of the facade to be seen and enjoyed.

You don't have to buy an expensive antique like this armoire to adapt the idea. For example, plain or fancy doors and windows could be acquired at secondhand shops or country auctions and converted to fit an existing piece of furniture or used as closet, cabinet, or medicine-chest doors. ■

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What does the UL label mean?

Chances are you own small appliances that are marked with the UL label. When you shopped for those appliances you may have noted that not all products bore this label. Read on to find out what the label means and why it's important to you.

The initials UL stand for Underwriters Laboratories Inc., an independent, not-for-profit organization. For a specified fee, manufacturers submit their products to the UL for evaluation with respect to hazards to life and property. The final evaluation is made after extensive testing to determine if the product meets nationally recognized safety requirements.

Here are some of the areas that are included when appliances are tested and evaluated for safety:

1. Construction: This includes frame and enclosure, assembly, corrosion protection and heating elements, electrical insulation, motors, and casualty hazards.

2. Performance: Tests on power input, normal temperature, abnormal operation, and mechanical operation are included in this area.

3. Instruction manual: The UL requires that an instruction manual, or the equivalent, be provided with all appliances. This manual should contain, among other things, instructions or illustrations to identify important safety features.

Once the investigation is successfully completed and the manufacturer agrees to the terms and conditions set forth by the Underwriters Laboratories Inc., the manufacturer is authorized to use the Laboratories' Listing Mark on the products that comply with the requirements.

The next step is a follow-up service. Representatives of the Laboratories periodically examine or test the products at the factory. Sometimes samples from the factory, open market, or elsewhere are selected to be sent to a Laboratories' testing station for examination to determine compliance with the safety requirements. If examination and tests by the Laboratories' inspectors disclose features not in compliance with the requirements, the manufacturer is required to correct such problems in the appliance or to remove the UL Listing Mark from the product.

The Underwriters Laboratories Inc., has a Consumer Advisory Council. Its responsibilities include advising UL in establishing levels of safety for consumer products and helping to educate the general public about the limitations and safe use of specific consumer products. ■



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"Buy an American car," he said. "You'll get a igger engine, a big car ride." (He himself owned Cadillac Sedan DeVille.)

Mrs. Novy humored him.

"We spent weeks test driving the cars he hought I should have. I was thoroughly unim- ressed."

When Mrs. Novy finally did get her hus- and to test drive a Volvo wagon, he was very urprised. He liked the handling and respon- siveness. And even at six-feet, 200 pounds, he found it very comfortable indeed.

"Okay," he told his wife, "if you want it, buy it. After all, it's your car."

"That turned out to be a joke," Mrs. Novy says. "We hadn't had the Volvo wagon a week before he was driving it himself. I'd look out the window and my Volvo would be gone. And his car would still be sitting in the driveway.

"I had a hard time getting him into a Volvo wagon. Now I can't get him out."*

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Introducing Our E.T. MEREDITH ROSE

Edwin Thomas Meredith (1876-1928), an Iowa farm boy, founded *Successful Farming* magazine in 1902. In July 1922, he started a monthly magazine called *Fruit, Garden and Home.* In August 1924, the name was changed to *Better Homes and Gardens.* E. T. Meredith served as United States Secretary of Agriculture during the last year of President Wilson's administration.

BY STEVEN COULTER & DOUGLAS A. JIMERSON

We take great pleasure in introducing the E. T. Meredith rose, a pink hybrid tea with subtle coloring that changes as the rose opens from a tight bud into a luscious full-blown bloom. The prolific E. T. Meredith rose is a cross between two award-winning favorites: First Prize and Futura. We think the E. T. Meredith will soon be a favorite in its own right.



Photographs: William Hopkins

THE GLORY OF THE ROSE

(Editors' note: This article is reprinted from the very first issue of our magazine—then called *Fruit, Garden and Home*—which appeared in July 1922. We felt it appropriate to rerun this history and romance of the rose in this issue, which introduces a new rose named after our founder, E. T. Meredith.)

The rose has been known to man from the earliest hours of history. It has been mentioned in story and song in all ages. It is the eternal flower of love, the emblem of sentiment. "All the world loves the lover," said Emerson. And it is true that all the world loves roses, probably for the same reason. Cherished in the palaces and gardens of the rich and mighty, it is, nevertheless, the flower of all classes and stations in life.

The fancier may differ in his tastes; the pocketbook may dictate the choice of many; the wealthy gardener may have the most exquisite flowers of every land and clime at his beck and call, but all unite in claiming the rose as the first flower. And this universal love for the rose is unequaled elsewhere in all the things Nature has given us.

It grows wild in the temperate zone thruout the world. When the pioneers poured down over the Allegheny mountains and into the plains of Kentucky and Ohio, later upon the prairies of Illinois, Iowa and the West, they found the wild rose everywhere. Full many a prairie home was gladdened and enriched in those troublesome days by the splendor and color of the wild rose. It brought a vision of peace and of lofty sentiment to those sturdy souls in their hours of struggle; it gladdened the hearts of the lovers and brightened frontier weddings without number. The first flower that the bride planted in her dooryard, whether in the forests of Kentucky or in the sod huts of Kansas, was the queen of the prairie, the wild rose.

The rose has left an imperishable imprint upon the literature of all times and races. During the days of feudalism and chivalry, it was the accepted badge of favor. Sturdy knights and mighty warriors battled the one with the other in contests of prowess to win the rose of some fair lady. To have this token from the gentler sex was a higher tribute than any that royalty might bestow.

In the period of the Renaissance, when the blight of the Dark Ages was lifting before the dawn of modern literature, we find the rose still the favorite of mankind. When Dante thought of love and the queenly Beatrice, he sang sonnets to the rose.

To trace the rose in literature would be to produce a compilation of the work of all authors and poets. Never has man or woman achieved fame in letters without writing of the rose. The literature of France, of Spain, of England, of Ireland, of sturdy old Scotland, of Scandinavia, of America, is replete with it.

We find it even in the fables of antiquity. Among the ancients it was held sacred to Cupid and Venus, called Eros and Aphrodite, respectively, by the Greeks. They considered it the emblem of joy and love, and at the same time, of prudence.

continued on page 168

To order our E. T. Meredith rose, see page 53

HOW TO PLANT YOUR E.T. MEREDITH ROSE

To get roses off to a good start, it's important to plant them in a well-drained location where they will receive at least six hours of sunlight a day. If you have a choice between morning and afternoon sun, choose morning so the dew on the leaves will dry sooner, reducing the threat of powdery mildew or black spot disease.

Never plant roses where their roots will have to compete with roots from other shrubs and trees for food and water. Windy areas should also be avoided because high winds can destroy open flowers.

When your roses arrive, it's a good idea to soak the roots in a pail of water overnight before planting. If you cannot plant the roses the next day, pack the roots with wet moss or newspaper and store the bushes in a cool, dark place. Plant the roses as soon as you can.

To plant a rose properly, dig a hole larger than the

continued on page 170



No-Delay Decorating



By Laurel Lund
and Robert E. Dittmer

With today's adaptable, affordable, easy-assemble furnishings, you can decorate a room in a day. This unassembled furniture comes prepacked in convenient carry-home cartons. You simply pick out the pieces you need, tote them home, unpack them, and put them together with minimum time and effort.

On these eight pages, we've provided a sampling of what's available in fit-together furnishings along with some easy-does-it decorating ideas to help you create your own ready-to-go room.

FIT-TOGETHER FAMILY ROOM

To set the scene for this rustic-looking family retreat, we selected two big-impact wall murals from *Environmental Graphics.* Each 8x15-foot mural costs $95 and comes in seven separate easy-to-apply panels.

To supplement existing storage space, we used fit-together modular furniture. These smart-looking wall stackables from *Sugar Hill Furniture* can be arranged in countless combinations. The grouping shown costs about $870. A pine end table ($120) and coordinated coffee table ($170) from *Sugar Hill Furniture* provide even more stashing space.

For casual dining, you might consider a ready-to-go game table ($307) from *Raymor* and canvas-covered chairs ($94 each) from *Gold Medal, Inc.* The table base and top simply bolt together, while the chairs are collapsible fold-ups.

Sink-into seating, like this beechwood-frame sofa ($269) and love seat ($199) from *Furniture-to-go,* also comes in cartons.

And to shed light on your new no-delay decor, try a floor lamp ($85) and table lamp ($48) from *Raymor.*

(All prices listed in this story are approximate.)

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Photographs: Mike Dietz Design: Suzy Taylor Assoc.

No-Delay Decorating



FUNCTIONAL, FLEXIBLE FURNITURE-TO-GO

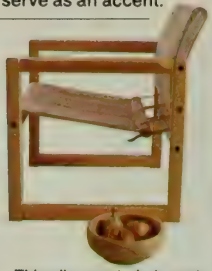
To help you fashion an "instant" family room with quick-assemble furnishings, here are some more great-looking pieces. Use them to furnish an entire room, or select one piece to serve as an accent.



This clean-lined, contemporary sofa with loose cushions is sold off the shelf in a carton. Priced at $300, from *James David.*



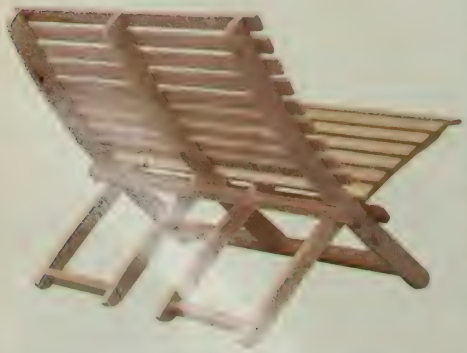
The cluster of cubes stacks for ample storage. About $190, from *Gamble.*



This sling-seat chair costs $90, from *Otto Gerdau.*



Photographs: Bob Perth, Hedrich-Blessing, Harry Hartman, William Hopkins



Relaxation is easy in this two-seater "Park Bench" that slips together in seconds and adapts to any decor. Available for under $35, from *Piedmont.*

This easy-to-assemble "Box Chair" provides single seating indoors or out. The seat and back are mounted on a steel frame. Under $40, from *Ambienti.*



Here's a love seat that's just made for lounging. Easy-clean canvas upholstery is channel-quilted for extra comfort. To assemble, simply slip the cover over the tubular metal frame. Priced under $230, from *Scandinavian Design*.



This Lucite and chrome clock sells for about $300, from *James David*.



No tools are needed to fit this freestanding storage unit together. The "Cubex" system consists of white lacquer uprights and a series of modules held together with snap-in connectors. Sliding doors are available to create closed storage. The system comes in white, brown, black, or red to match any scheme. As shown, under $430, from *Cado Royal System*.



A hardwood frame supports canvas sling seating. About $100, from *Wilkes*.



This contemporary bar, $190, and barstools, $62 each, are from *Cosco*.



Padded upholstery stretches over a metal frame and tops loose seat cushions. Corner unit, $170; armless unit, $120; from *Raymor*.

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No-Delay Decorating



OFF-THE-SHELF SLEEP SPOT

You can create a bedroom almost overnight with smart-looking, money-saving, easy-assemble furnishings. All of the furniture in this room is sold in prepackaged put-together pieces. You can use them to furnish an entire room or integrate just a piece or two into your existing scheme.

We've also included some put-together decorating projects for the walls, windows, and floors. These, too, are sold in off-the-shelf cartons.

In our "bedroom out of a box," we created a scheme from the ground up with modular carpet squares. These hard-wearing tiles from *Bigelow-Sanford, Inc.*, are easy to care for, and their 18x18-inch size makes them a snap to install. The squares come in a variety of colors so you can create a great-looking floor graphic like this to anchor a bed.

The self-sticking bamboo squares, from *J.C. Penney,* were applied to the wall to add texture and decorative interest to a room devoid of architectural detail. In place of fabric draperies, we installed wooden matchstick blinds and "framed" them with put-together plant racks to house an indoor garden. The plant racks, $56 each, are from *Gold Medal, Inc.*

To stretch existing space, and provide a handy home office, we called on an easy-assemble storage system. Carry-home closets, like the two on the room's longest wall, have lift-up canvas covers to conceal space for hanging garments. We stacked three steel-frame shelving units in between to augment storage. Collapsible easy-glide canvas drawers keep stackable clothing close at hand, while open shelves are used for display. As shown, the storage unit costs $575.

A matching double dresser placed at the head of the bed offers further stashing space and doubles as a handsome headboard. The drawer units can be purchased in sets of three and arranged side by side to create a credenza, or stacked for vertical storage, or nested between shelving units to form wall storage.

A coordinated desk ($180 as shown) provides a smart-looking study center with plenty of drawer space below for office supplies.

(All of the canvas and steel frame storage units shown here are available from *Landes.*)

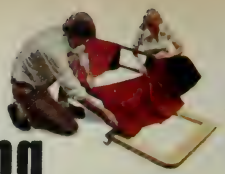
And we didn't need cabinet-making skills to put together this bed-from-a box. The platform bed frame, approximately $250 from *Broyhill Furniture,* supports a standard queen-size mattress and can be assembled with basic household tools.

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No-Delay Decorating



PRACTICAL, PORTABLE, PUT-TOGETHER FURNITURE

Setting up your own sleep spot couldn't be simpler, thanks to no-wait furnishings like these examples. When you're ready to move, just take the furniture apart, pack it up, and take it along.



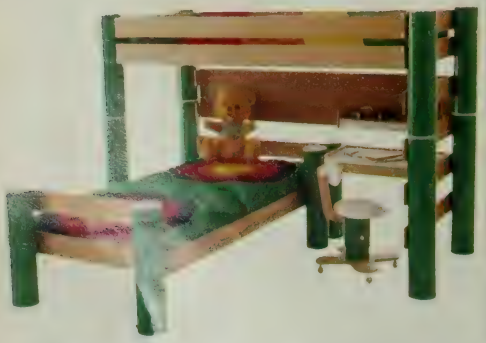
Here's a love seat that's at home in living room or lanai. The bentwood frame is topped with loose cushions. Under $380, from *Vermont Tubbs.*



This inflatable "Airchair" of easy-care canvas is $125, from *The Green Co.*



The canvas sling chair with side pocket is under $80, from *Carefree Livin'.*



Create instant kids' quarters with a rugged bunk bed/study center. The system is made of hollow tube supports. As shown, under $800, from *H.U.D.D.L.E.*



Photographs: Bob Perth, Hedrich-Blessing, Harry Hartman, William Hopkins

Sleek styling is the keynote of these modular storage units. Under $100 each, from *Dunning.*



Here's fit-together bedroom furniture that's made to fit your space. The natural pine platform bed and matching modular storage headboard assemble with a simple interlocking device. Priced as shown, $580, from *Sugar Hill Furniture.*



Here's storage with oak-slat construction for under $300, by *Wilkes.*



You can brighten a bedroom corner or conceal behind-the-scenes storage with this 61x56½-inch three-panel screen. It's available in a kit that includes frame and fabric, or you can purchase the frame and a paper pattern to create your own decorative cover. About $50.

A matching pop-up lamp comes in kit form for about $30, by *Squire and Small.*



This low-slung cot is great for lounging and putting up an overnight guest. Made of canvas and beechwood, it costs under $240, from *Cado Royal System.*



A flexible chrome frame and sturdy cane seating add up to a most relaxing rocking chair. Priced at about $150, from *Metco.*

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If the corners of your house do nothing more than collect dust, it's time to put them to work for your family.

Put wasted corners to work!

By Cheryl Scott

With a little imagination and some weekend labor, you can turn a bare corner into a functional part of any room. You can adapt our designs or invent other ways to fit corners to your family's needs.

Seating/ storage niche

This easy-to-build sofa/ storage niche is just the ticket for a bare corner of the living room or the family room. The corner closet stores bulky items—anything from skis to the card table to the ironing board. And there's a home for books and collectibles on the adjustable shelving along the sidewall of the closet. Recessed spot lamps in the soffit illuminate the comfy sofa area.

For a sleek look, use your sofa as a guide to the depth you frame out for the corner closet. (Ours is 36 inches deep.) The closet width will depend on the space you have to work with, plus the size and number of items you want to stash inside.

To trim the front planes of the closet and the soffit, we used pine 1x4s in a combination of vertical and horizontal applications. The closet interior, the shelving, and the soffit were given a painted finish.



Photographs: William Hopkins. Designs: David Ashe

Grooming gallery

Here's a way to end the morning scramble for the sink and the mirror, yet avoid the expense of a major remodeling. Let a corner of the bedroom be a shaving/grooming area. In our grooming corner, the lavatory, mirror, counter, and storage are tucked behind a partition that ends with a gentle curve.

To build a similar unit, cover both sides of the partition frame with ¼-inch hardboard, then apply ⅛-inch cedar strips to the bedroom side of the partition. Build the drawers and base cabinet from plywood, install the counter top and sink, then paint the cabinets and the remaining face of the partition. Install a downlight above the sink, and run a line for a wall outlet to accommodate electric razors and hair dryers. (Be sure to check local building codes before undertaking such electrical work.)

Our grooming corner partition is 6½ feet high and six feet long. The drawers are one foot wide; the cabinet, 1½ feet wide, with a three-inch toe space. Plastic laminate covers the two-foot-deep counter top and extends up the four-inch backsplash.

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Pisces pantry

Your fish will appreciate this deluxe aquarium home, and you'll enjoy the convenience of having all your "fish stuff" neatly assembled in one corner. As with all our corner projects, this unit offers bonus storage. Open shelves above the aquarium hold a shell collection. A closed storage area below the tank hides less glamorous objects, such as the filter motor plugged into a wall outlet.

Be sure to have the tank you'll use on hand before you begin to build your unit. If you're outfitting a new aquarium, don't trust the label measurements; they may not take into account the width of the rims at the top and bottom of the tank. Carefully measure your aquarium's *outside dimensions, including any rims.* Then use the measurements as the basis for sizing the opening for your tank. Allow at least ¼-inch clearance at each side of the opening so you can easily slide the tank into place.

If we were to build this unit again, we'd allow more room for the hinged access panel above the tank opening. The 1x6 we used was a tight squeeze for a big-handed fish tender.



Projection place

It's fun to watch home movies and family slide presentations, but where do you put all the photo equipment between shows? This ¾-inch plywood corner unit solves the problem nicely.

You can keep all the cameras, projectors, lights, meters, and film close at hand on the triangular shelves that bridge the corner. When it's time for the show, just flip down the door to the storage section, plug your projection equipment into the wall outlet (hidden behind the projector), and set up a screen across the room or project onto a blank wall. Then—bring on the popcorn!

When the show's over and you've safely locked your photo equipment inside the storage area, you can use the 36-inch cube base of the unit as you would an occasional table. A recessed spot lamp in the soffit directs light toward tabletop displays.

The spotlighting is handy at show times, too. When it's time to change reels, the projectionist can flick the wall switch (out of camera view) that controls the overhead lamp, and save the audience from blinking at bright room lights.

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FANCY FOOD WITHOUT THE FUSS

If you've been put off by the mystique surrounding French cooking—from fancy names to complicated cooking techniques—you've probably been missing some great food. Once you get past the language barrier, you'll find many elegant French foods are actually easy to make and don't require hard-to-get ingredients. Here's the proof: nine simple yet impressive classics (plus how to pronounce them).

BY NANCY BYAL



CHOUCROUTE GARNIE

Garnished Sauerkraut

Fuss-free Shoo-CREWT Gar-NEE consists of pork chops and sausage simmered atop sauerkraut and vegetables. The taste is reminiscent of German food—not surprisingly, since the recipe comes from Alsace, a French province near Germany—

- 6 slices bacon, cut up
- ½ cup chopped onion
- 1 27-ounce can sauerkraut, drained
- 2 medium carrots, bias-sliced
- 1 tablespoon sugar
- 8 to 10 juniper berries (optional)
- 6 whole black peppercorns
- 2 whole cloves
- 1 bay leaf
- 1 large sprig parsley
- ¾ cup chicken broth
- ½ cup dry white wine
- 4 potatoes, peeled and quartered
- 4 smoked pork chops
- 4 knockwurst, diagonally scored

In 12-inch skillet cook bacon and onion. Drain off fat. Stir the sauerkraut, carrots, and sugar into skillet. Loosely tie juniper berries, peppercorns, cloves, bay leaf, and parsley in cheesecloth bag; bury in center of kraut. Add broth and wine. Bring to boiling. Reduce heat. Simmer, covered, for 10 minutes. Add potatoes, pushing them into kraut. Simmer, covered, for 15 minutes. Top with the meats; simmer, covered, 20 minutes. To serve, discard herb bag; arrange sauerkraut and potatoes on platter. Top with meats. Makes 4 to 6 servings.



Photographs: Sladcik Food Stylist: Fran Paulson

FANCY FOOD WITHOUT THE FUSS

POTAGE SAINT-GERMAIN

Fresh Pea Soup

A blender or food processor makes fast work of pureeing creamy Poh-TAJ San Jair-MAN—

- 1 10-ounce package frozen peas
- ½ cup chopped leeks
- 10 spinach leaves
- 10 lettuce leaves
- 1 10¾-ounce can condensed chicken broth
- ½ teaspoon dried chervil
- ⅛ teaspoon pepper
- ¾ cup light cream
- 2 tablespoons butter

Simmer peas, leeks, spinach, lettuce, broth, the chervil, and pepper, covered, for 20 minutes. Pour into blender container or food processor. Cover and process till smooth. Sieve soup back into pan. Add cream and butter; heat through. Do not boil. Serve with croutons. Serves 4.



HORS D'OEUVRES VERTE

Appetizers with Green Sauce

The "green" in Or-DERV VERT comes from adding cooked spinach and parsley to mayonnaise—

1 cup finely torn, lightly packed fresh spinach
½ cup lightly packed parsley sprigs
1 green onion, sliced
½ teaspoon dried tarragon, crushed
1 cup mayonnaise *or* salad dressing
1 tomato
Assorted vegetables

In small saucepan combine spinach, parsley, onion, and tarragon with enough water to cover. Boil, uncovered, 1 minute. Drain, discarding liquid. Puree vegetables; stir mayonnaise into puree. Cover and chill. Cut off top fourth of tomato; scoop out and remove pulp. Invert the tomato on paper toweling. To serve, spoon sauce into tomato. Arrange on platter with the vegetable dippers. Makes 1 cup sauce.

PÂTÉ MAISON

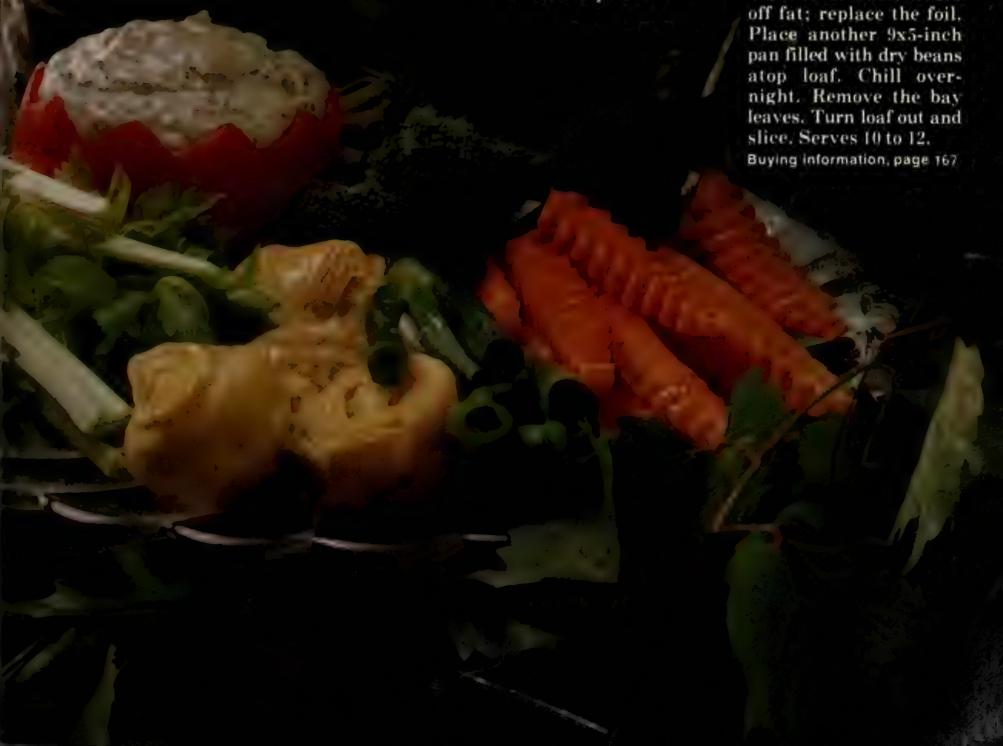
Meat Loaf of the House

Pâté is nothing more than a glorified meat loaf, often served cold. Every French cook has his own recipe, thus the name Pah-TAY May-ZON—

½ turkey breast, boned (2 pounds)
3 ounces pork fat *or* salt pork, cut up
2 beaten eggs
⅓ cup dry white wine
¼ cup brandy
4 teaspoons vinegar
¾ teaspoon salt
½ teaspoon dried thyme, crushed
½ teaspoon dried basil, crushed
¼ teaspoon dried savory, crushed
⅛ teaspoon dried oregano, crushed
⅛ teaspoon pepper
¾ pound ground pork
¾ pound ground veal
4 slices bacon
3 to 4 bay leaves

Cut strips of turkey to make 1½ cups meat; set aside. Grind remaining turkey and pork fat through fine blade of food grinder. Combine the eggs, wine, brandy, vinegar, salt, herbs, and pepper. Add ground turkey mixture, pork, and veal; mix well. Lay bacon crosswise in bottom and up sides of 9x5x3-inch loaf pan. Press in *half* the ground meat mixture; arrange turkey strips over. Spoon in remaining ground meat. Top with bay leaves. Cover with foil. Bake in 350° oven 1¾ hours. Remove from oven. Drain off fat; replace the foil. Place another 9x5-inch pan filled with dry beans atop loaf. Chill overnight. Remove the bay leaves. Turn loaf out and slice. Serves 10 to 12.

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FANCY FOOD WITHOUT THE FUSS



BOEUF EN DAUBE

Mediterranean-style Beef Stew

Nothing's easier than a one-pot, no-watch meal like BEEF En DOUB. Red wine and orange peel are classic flavorings in this south-of-France favorite. "Daube" comes from the word "daubière," an earthen pot in which this food was first made—

- 2 cups dry red wine
- 1 medium onion, chopped (½ cup)
- 2 cloves garlic, minced
- 1 tablespoon vinegar
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dried rosemary, crushed
- ½ teaspoon dried thyme, crushed
- ½ teaspoon finely shredded orange peel
- 2 to 2½ pounds beef stew meat, cut in 1-inch cubes
- ounces salt pork
- up beef broth
- arrots, bias-
- t in 1-inch pieces
- 3 ns, quartered
- 1 cup pitted ripe olives
- 2 tablespoons cornstarch
- 2 tablespoons cold water

Combine wine, the ½ cup onion, garlic, vinegar, salt, pepper, rosemary, thyme, and orange peel. Add beef; stir to coat. Cover and marinate at room temperature for 2 hours. Drain meat, reserving marinade; pat meat dry with paper toweling. In 4-quart Dutch oven cook salt pork till there are 2 to 3 tablespoons fat; discard pork. Brown meat in the hot fat. Add marinade and broth; bring to boiling. Cover; simmer 1 hour. Add vegetables and olives; simmer, covered, 30 to 40 minutes. Blend cornstarch and water; add to pot. Cook and stir till bubbly. Turn into bowl; top with some parsley, if desired. Serves 8 to 10.



RATATOUILLE

Vegetable Stew

Simply simmer eggplant, zucchini, peppers, and tomatoes all together with herbs, garlic, and olive oil for Ra-Ta-TWEE, a famous dish from Provence—

- 1 large onion, sliced in thin wedges
- 2 cloves garlic, minced
- ¼ cup olive *or* cooking oil
- 1 16-ounce can tomatoes, cut up
- 1½ teaspoons dried thyme, crushed
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 bay leaf
- 1 medium unpeeled eggplant
- 2 medium zucchini, cut in strips
- 2 green peppers, seeded and cut in strips

In Dutch oven cook onion and garlic in oil till tender. Add the *undrained* tomatoes and seasonings. Cover and simmer 10 minutes. Discard bay leaf. Remove and set aside 2 cups sauce mixture. Slice the eggplant in half lengthwise, then crosswise into ½-inch slices. Arrange half of eggplant, zucchini, and pepper over sauce in pan. Sprinkle with *salt* and *pepper*. Cover with 1 cup reserved sauce. Arrange remaining vegetables atop; sprinkle with more *salt* and *pepper*. Pour over remaining sauce. Cover; simmer 20 minutes. Uncover; simmer 15 minutes. Serve hot or cold. Serves 8 to 10.

FANCY FOOD WITHOUT THE FUSS

CHAMPAGNE SORBET

Champagne Sherbet

Beat Sham-Pan Sor-BAY and freeze it in a pan just as you would any homemade sherbet—

1 cup whipping cream
¾ cup sugar
1½ cups champagne
1 10-ounce package frozen strawberries, thawed
2 egg whites
¼ teaspoon cream of tartar
Few drops red food coloring (optional)

Combine cream and ½ *cup* of the sugar; cook and stir over medium-low heat till sugar dissolves. Cool. Stir in the champagne and *undrained* berries. Pour into 8x8x2-inch pan. Cover; freeze firm. Beat egg whites and cream of tartar to soft peaks. Slowly add remaining sugar, beating to stiff peaks. Break up frozen mixture. Turn into chilled mixer bowl. Beat smooth with electric mixer. Fold in egg whites. Tint with food coloring, if desired. Return to pan. Cover; freeze firm. Makes about 1¼ quarts.





COEURS À LA CRÈME

Cream Hearts

Petite KER Ah La KREM look and taste elegant, and they're a snap to make. Traditional heart-shaped molds are lined with cheesecloth, then filled with a whipped-cream-and-cheese duo—

- 6 6-inch squares cheesecloth, moistened
- 1 8-ounce package cream cheese, softened
- ½ teaspoon vanilla
- ½ cup sifted powdered sugar
- 1 cup whipping cream
- 1 recipe Peach Sauce or Raspberry Sauce

Line six 3-inch coeur à la crème molds or ½-cup molds with cheesecloth squares, allowing cheesecloth to overhang. In small mixer bowl blend cheese and vanilla. Gradually add sugar, beating at high speed of electric mixer till light and fluffy. In another bowl beat the whipping cream just to soft peaks; fold into cheese mixture. Spoon the mixture into molds. Cover and chill several hours or overnight. To serve, invert on plate. Holding onto cheesecloth ends, lift off mold; peel off cheesecloth. Serve with Peach or Raspberry Sauce. Makes 6 servings.

To make Peach Sauce: Heat ¼ cup *apricot preserves* till melted; stir in one 10-ounce package *frozen peaches,* thawed, very well-drained, and chopped, and 2 tablespoons *orange liqueur.* Cover and chill. Makes about 1 cup sauce.

To make Raspberry Sauce: Heat ¼ cup *currant jelly* till melted; stir in one 10-ounce package *frozen raspberries,* thawed and well-drained, and 2 tablespoons *dry red wine.* Cover and chill. Makes about 1 cup sauce.

FANCY FOOD WITHOUT THE FUSS

FILETS DE SOLE AUX CREVETTES

Fillets of Sole with Shrimp

Fee-LAY Duh SOHL Oh Kreh-VET is just a flashy name for fish baked with a shrimp cream sauce—

- 16 ounces frozen sole fillets, thawed
- 1 tablespoon lemon juice
- ¼ cup snipped parsley
- 1 3-ounce can whole mushrooms, drained
- 1 tablespoon Dijon-style mustard
- 1 teaspoon cornstarch
- 1 cup light cream
- 1 cup cooked tiny shrimp
- 2 tablespoons fine dry bread crumbs
- 1 teaspoon butter *or* margarine, melted

Brush each fillet with lemon juice; season with *salt* and *pepper*. Sprinkle one side with parsley; cut fish in half lengthwise. Roll each up loosely, parsley side in; secure roll with wooden pick. Stand rolls up in 9x9x2-inch baking dish. Cover; bake in 425° oven 10 minutes. Drain off juices; remove picks. Press a mushroom in each roll. Blend mustard into cornstarch; stir in cream. Cook and stir till bubbly. Add the shrimp; heat through. Pour the sauce over fish. Mix the remaining ingredients; sprinkle over fish rolls. Bake, uncovered, 10 to 15 minutes. Serve with asparagus. Serves 4.





The Eastern states constitute America's second largest wine-growing area. While they have always enjoyed a reputation for good sparkling wines, their table wines made from native grapes such as Concord, Catawba, and Niagara have been something of an embarrassment. They have been called coarse, undrinkable, and worst of all "foxy," a term that has nothing to do with foxes but describes a wine that smells like grape jelly.

What some critics may not have noticed but will soon discover is that the East is undergoing a complete wine revolution. Better table wines are on the way, some are already here, and they present a new spectrum of aromas and tastes without a hint of coarseness or foxiness.



The New Breed of Eastern Wines

New York alone can claim 27 wineries, Pennsylvania 14, and New Jersey ten. Other East Coast wineries, including one in New Hampshire, three in Rhode Island, and four or five in Virginia, bring the count to around 60 for the American East. Many are small, new wineries that produce limited quantities of wine. A few are multimillion-gallon giants such as the Taylor Wine Company and Great Western, both of which now belong to Coca Cola Company of Atlanta. They and others of New York's Finger Lakes wineries are taking the lead in bringing better wines to the East.

A blending of old and new

Concord and Catawba wines haven't exactly disappeared from the market, but today's varieties are different. They've been improved through technological advances and by judicious blending with California wine to soften the harshness and enhance aroma and flavor. However, native American grape varieties are no longer being planted in the vineyards; instead, in established vineyards as well as new acreages, the native grapes are being replaced by better wine grapes.

Which are the "better wine grapes"? The grapes everyone would like to grow are Chardonnay and white Riesling, two white wine aristocrats that thrive in California as well as in Europe. They can be grown in the East in a few protected locations, as Gold Seal Vineyards and Konstantin Frank Vinifera Cellars have proved. But in the East they are economically risky because of susceptibility to Eastern vine diseases and low resistance to winter cold.

Most observers believe the answer to the East's wine-growing problems lies in the hybrids. They are crosses between the classical European (and Californian) types of grapes and the rough-tough natives. The hybrids are winter-hardy and disease-resistant, and they yield wine of excellent quality.

Several of the new varieties—Cayuga, for example—have been developed at New York's Geneva Experiment Station. Widmer's Wine Cellars markets a Cayuga wine; it is a dry white wine with pleasing fruity acidity. But most hybrid varieties were developed over many years in France for resistance to the grape scourge of the last century—the phylloxera epidemic that laid waste to many of the world's vineyards.

New eastern varietals

The four new wines proving most successful in the East are Aurora, Seyval Blanc, Baco Noir, and Marechal Foch. All are French-American hybrids.

Aurora or Aurore (a-ROAR-a) is a pale, delicate, soft white wine with a fruity fragrance. It can be a touch sweet. If so, the wine is good by itself or with a fruit dessert. If dry rather than sweet, Aurora may be served with fish and seafood, ham, chicken, and light luncheon foods.

Seyval Blanc (Say-vahl BLAWN) is a crisp, dry white wine with a refreshing flavor. It makes a good pre-dinner drink, and at the table belongs with fish and seafood, veal, and chicken.

Baco Noir (BAH-ko NWAHR) is a dry, full-bodied, dark red wine, strong enough in flavor to accompany roast beef or lamb, duck, sausage, lasagna, and other spicy foods.

Marechal Foch (Mar-ay-shahl FOSH) or simply Foch is a deep red, dry wine with a distinctive bouquet. Foch improves with age and is a good match for beef roasts and steaks, game, and many kinds of cheese.

Soon other varieties will give added proof of the good quality of wines produced by the Eastern wineries. ■

Produced by Ruth Ellen Church.

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Winner will have choice of either a $25,000 check now or a check each month for five years based on Spring, 1978, U.S.D.A. Family Economic Review "Liberal Plan" for costs of feeding a family of four with two school-age children. All other free grocery prizes will use the same formula.

Enter The Campbell "Creative Cooking Contest" and you could win free groceries for 5 years! Or 1 year! Or 1 month!

Millions of people across the U.S.A. use Campbell's Soups to create different and delicious foods. To give their cooking that extra touch that makes it sensational.

If you haven't been cooking with Campbell's Soups, now's a good time to start. Because now your original recipe can win 5 years of free groceries. Or $25,000 cash.

Just submit your original recipe using one or more varieties of Campbell's® Soups or Franco-American,® Swanson® or "V-8"® products. Enter as often as you like in any or all of the following categories: 1. Main-Dish Soups. 2. Entrees. 3. One-Pot Meals. 4. Side Dishes. 5. Sauces or Salad Dressings. 6. Baked Foods or Desserts. 7. Microwave-Oven Cooking.

Follow the official rules and you could be a winner!

Now, here's how the contest works:

5 finalists will be chosen in each of the seven categories. That's 35 big-prize winners in all!

One of the seven category winners will be the GRAND-PRIZE WINNER, and will receive FREE groceries for 5 years or $25,000 cash.

The other six category winners will be FIRST-PRIZE WINNERS, and will receive FREE groceries for 1 year or $5,000 cash.

The other 28 finalists will be SECOND-PRIZE WINNERS, and will receive FREE groceries for 1 month or $400 cash.

But wait, there's more!

50 THIRD-PRIZE WINNERS will have the opportunity to fill a shopping basket with FREE groceries. That's anything and everything in your store you can fit into a shopping basket!

10,000 FOURTH-PRIZE WINNERS will receive a FREE copy of "The Creative Cook," the newest Campbell cookbook with 250 outstanding recipes that'll help you enjoy the art of creative cooking.

So start creating your original recipe now. And not only will you have a chance to win a fabulous prize, but you'll discover a world of good cooking brought home with Campbell's.





Here's how to enter: 1. Type, or hand-print clearly, your recipe on an official entry form, or plain sheet of paper no larger than 8½" x 11" (one side only). Be sure you include the following information with your recipe: (a) your complete name, address, and zip code; (b) the name of the Campbell product(s) you have utilized; and (c) the category in which your entry is to be judged: Main-Dish Soups, Entrees, One-Pot Meals, Side Dishes, Sauces or Salad Dressings, Baked Foods or Desserts, Microwave-Oven Cooking. Your recipe must use one or more of the following Campbell products: Campbell's Condensed, Chunky® or Soup for One® Soups, Campbell's Tomato Juice, "V-8" Cocktail Vegetable Juice, Swanson Canned Products, Franco-American Gravies or Pastas, Campbell's Bean Products.

2. Mail your entry to: **Campbell Soup Company, "Creative Cooking Awards" Contest, P.O. Box 9179, Blair, Nebraska 68009.**

Entries must be received by April 14, 1979. Enter as many times as you wish, but mail each entry separately. Each entry submitted must be accompanied by the entire label from the Campbell product(s) utilized in your recipe (Campbell's Condensed Soup, Chunky Soup, Soup for One Soups, Campbell's Tomato Juice, "V-8" Cocktail Vegetable Juice, Swanson Canned Products, Franco-American Gravies or Pastas, Campbell's Bean Products).

3. Entries will be judged under the supervision of the D. L. BLAIR CORPORATION, an independent judging organization, whose decisions will be final on all matters relating to this contest. All entries will be judged on the basis of originality (10%), creativity (30%), appropriateness of the idea (40%), and ease of preparation of the idea (20%).

4. The top 49 entries (seven in each of the seven categories) will be kitchen-tested under the supervision of the D. L. BLAIR CORPORATION and judged on the appearance and taste of the finished recipe. The top 35 entries (five in each of the seven categories) will be kitchen-tested under D. L. BLAIR's supervision, and final major prizewinner determination will be made based upon the judging criteria in rule # 3, as well as the appearance and taste of the finished recipe.

5. Entries submitted are limited to the categories listed in rule #1. Each entry submitted will be eligible for only the one category indicated on the entry. Entries must include directions for preparation, mixing, cooking, temperature setting, cooking time, and list all the ingredients used. Ingredients should be readily available and given in level standard American measurements.

6. All potential winners will be required to sign an affidavit certifying that their entries are their own original recipe and have not been previously published, have not won a previous prize or award, and that they have followed the official rules of this contest. All entries submitted become the exclusive property of Campbell Soup Company, and none can be returned. Entry into the contest constitutes permission to use recipes, names and/or likenesses of entrants in any manner by Campbell Soup Company, its advertising or public-relations agencies.

7. This contest is open to residents of the U.S.A. except employees and families of employees of Campbell Soup Company, its affiliates, advertising agencies, the D. L. Blair Corporation, and those involved in the preparation of food or recipes on a professional basis. Void where prohibited by law. Subject to all federal, state and local laws and regulations. All prizes are non-transferable, and no substitution for prizes is permitted. Limit one prize per family. All tax liability for prizes is the sole responsibility of the winners. All prizes will be awarded. In the event of a tie, duplicate prizes will be awarded.

8. For the names of major prizewinners, send a separate, self-addressed, stamped envelope to: The Campbell Soup "Creative Cooking Awards" Contest, P.O. Box 8463, Blair, Nebraska 68009

My Original Recipe:
(Hand-print or type only)

CAMPBELL PRODUCT(S) UTILIZED IN MY RECIPE:

CATEGORY (CHECK ONE ONLY):
Main-Dish Soups ☐ Entrees ☐ One-Pot Meals ☐
Side Dishes ☐ Sauces or Salad Dressings ☐
Baked Foods or Desserts ☐ Microwave-Oven Cooking ☐

Name _____

Address _____

City _____ State _____ Zip _____

Mail entry form to: Campbell Soup Company, "Creative Cooking Awards" Contest, P.O. Box 9179, Blair, Nebraska 68009.

A QUICK GUIDE TO SPICES

A cache of spices can make ordinary foods taste extraordinarily good. Here are some pointers to help you make the most of the spices already on your shelf —plus two spice blends you can make yourself.

Start with our handy pantry guide *(right)* which lists some of the most common spices with their forms and uses. Once you become familiar with what each spice offers on its own, you'll discover which spices work well with others to create new dimensions in flavor. Be sure you use high-quality spices. Also, be aware that heat, light and moisture can detract from flavor if spices are stored too long. If the fragrance is gone, discard the spice and buy a fresh supply. Color is also indicative of fresh flavor—the more intense the hue, the more flavor you can expect.

For the most part, ground spices lose their quality faster than whole spices, so you might want to consider purchasing whole spices and grinding or crushing them yourself just before using. Some stores carry bulk spices in smaller amounts so you can purchase less of those you use infrequently. Spices can be purchased in several forms, which vary according to the part of the plant from which they're harvested. Allspice, nutmeg, pepper, and vanilla are available as buds or pods. Whole ginger and turmeric can be purchased in root or stem form. Spices found in seed form include caraway, cardamom, poppy, and sesame. A mortar and pestle are handy tools for crushing buds or seeds. Root spices must be grated or chopped finely.

Blending spices that complement one another in recipes is a good way to achieve interesting taste sensations. We've created two spice blends—a sweet spice and a zippy curry—and featured them in recipes that show off their flavors. Place our blends or your own combinations in covered containers and store in a dark place to use when the time is right. With a bit of experimenting, you'll dream up some unique new flavor makers for everything from pot roast to apple pie.

continued

COMMON SPICES AND THEIR USES

Spice	Form	Use
allspice	whole, ground	pastries, fruits, desserts, soups, stews, meat dishes, pickles
caraway	seed	breads, cakes, potatoes, salads, dressings, cheeses
cardamom	seed, ground	pastries, breads, fruit, meats, poultry, fish, curry dishes
cayenne	ground	egg dishes, Mexican dishes, dips and spreads
celery	seed	salads, roasts, sauces, stews, stuffings, relishes
cinnamon	stick, ground	pastries, breads, desserts, fruit, meats, vegetables, beverages
cloves	whole, ground	cookies, pastries, pork and lamb dishes, marinades, fruit
cumin	seed, ground	Mexican dishes, vegetables, soups, stews
fennel	seed	Italian dishes, soups, fish, salads, pork
ginger	root, ground	Oriental dishes, meats, poultry, fruit, desserts, cookies, breads, pastries, marinades, dressings
mace	ground	veal and fish dishes, cakes, cookies
mustard	seed, ground	prepared mustard, pickles, corned beef, sauerkraut, marinades, sauces, dips
nutmeg	whole, ground	sauces, egg dishes, desserts, cookies, pastries, breads, fruits
paprika	ground	meat and fish dishes, potatoes, cauliflower, dressings, dips
pepper (white & black)	whole, ground	main dishes, vegetables, salads, dressings, dips, soups, egg dishes
poppy	seed	pasta, desserts, pastries, breads
saffron	thread, ground	cakes, breads, poultry and fish dishes, rice
sesame	seed	pastries, breads, cheeses, vegetables, crackers, cookies
turmeric	ground	curried dishes, pickles, dips and spreads
vanilla	bean, extract	fruit, baked goods, desserts, chocolate





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continued

Spice blends

HOMEMADE SWEET SPICE BLEND

Add 2 or 3 teaspoons of this mix to cake or quick bread batters; mix with ice cream, yogurt, or fruit—

- **1 tablespoon finely grated orange or lemon peel**
- **2 tablespoons ground cinnamon**
- **1 tablespoon ground nutmeg**
- **1 tablespoon ground cloves**
- **1 tablespoon ground ginger**

Spread orange peel on waxed paper; let stand, uncovered, 10 minutes. Mix peel thoroughly with spices. Store in an airtight container. Makes ⅓ cup.

NUTTY RAISIN SPICE CAKE

- **1 cup packed brown sugar**
- **1 cup raisins *or* snipped pitted dates**
- **½ cup butter *or* margarine**
- **½ cup strong coffee**
- **2 cups all-purpose flour**
- **1 tablespoon Homemade Sweet Spice Blend**
- **1½ teaspoons baking soda**



- **1 cup chopped walnuts**
- **1 recipe Cream Cheese Frosting**

Combine sugar, raisins, butter or margarine, coffee, and ½ cup *water.* Bring to boiling; boil 1 minute. Remove from heat; cool slightly. Combine flour, Homemade Sweet Spice Blend, soda, and ½ teaspoon *salt.* Blend in cooled mixture. Fold in nuts. Pour batter into two greased and floured 8x1½-inch round cake pans. Bake in a 350° oven for 25 to 30 minutes or till cake tests done. Cool 10 minutes; turn onto racks to cool completely. Fill and frost with *Cream Cheese Frosting:* Beat together one 3-ounce package *cream cheese,* softened, ¼ cup *butter* or *margarine,* softened, 1 teaspoon *vanilla,* and dash *salt.* Blend in 3 cups sifted *powdered sugar;* and 1 to 2 teaspoons cold strong *coffee* till spreading consistency. Garnish with walnuts.



Photographs: Peter

YOGURT FRUIT DRESSING

Drizzle over fruit salads or desserts—

- **½ cup plain yogurt**
- **½ cup mayonnaise *or* salad dressing**
- **1 tablespoon lemon juice**
- **2 teaspoons Homemade Sweet Spice Blend**
- **2 teaspoons honey**

Blend together all ingredients. Cover and chill. Makes about 1 cup.



HOMEMADE CURRIED SPICE MIX

Add to dips, lamb and poultry dishes, or fruit salad dressings—

- 1 tablespoon finely grated lemon peel
- 1 tablespoon curry powder
- 1 tablespoon ground allspice
- 1 tablespoon poultry seasoning
- 1 tablespoon toasted sesame seed

Spread lemon peel on waxed paper; let stand, uncovered, 10 minutes. Mix peel with remaining seasonings. Store in airtight container. Makes ⅓ cup.

INDIAN CHICKEN WITH RICE

- 1 medium onion, thinly sliced
- 1 medium green pepper, chopped
- 1 tablespoon cooking oil
- 1 8-ounce can tomato sauce
- 1 clove garlic, minced
- 1 tablespoon Homemade Curried Spice Mix
- 1 teaspoon grated fresh gingerroot
- ½ teaspoon ground turmeric
- 1 2½- to 3-pound broiler-fryer chicken, cut up
- 2 teaspoons cornstarch



- ½ cup cashews
- ¼ cup plain yogurt
- Hot cooked rice

Cook onion and pepper in oil till tender. Stir in tomato sauce and spices. Add chicken pieces, turning to coat with sauce. Simmer, covered, about 45 minutes or till tender. Remove chicken; keep warm. Combine 1 tablespoon cold *water* and cornstarch; add to sauce. Cook and stir till bubbly. Stir in cashews and yogurt; heat through but *do not boil*. Pour some sauce over chicken. Pass remaining sauce. Serve with rice. Serves 6.



CURRIED CHEESE SPREAD

- 1 8-ounce package cream cheese, softened
- ½ cup shredded Swiss cheese
- 3 tablespoons milk
- 1½ teaspoons Homemade Curried Spice Mix
- 1 teaspoon worcestershire sauce
- ½ cup finely chopped walnuts
- 1 tablespoon snipped chives

Combine all ingredients except nuts and chives. Stir in nuts and chives. Turn into 2-cup mold or bowl. Cover; chill. Unmold. Serve with crackers or fruit. Makes 1¼ cups. ■

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ou make three more, just as good.

d expect Quaker's cookie mix to make delicious, olesome oatmeal cookies. The nice surprise is that we've put t same Quaker goodness in our three other cookie mixes. Our Chocolate Chip Cookie Mix is loaded with real ocolate chips. Our Peanut Butter Cookie Mix has a arter of a pound of Peter Pan® Peanut Butter in it. And our Sugar Cookie Mix is deliciously versatile—so you can make wonderful butter cookies from it too. Four Quaker Cookie Mixes in all, each with the old-fashioned quality and goodness you'd expect from Quaker.





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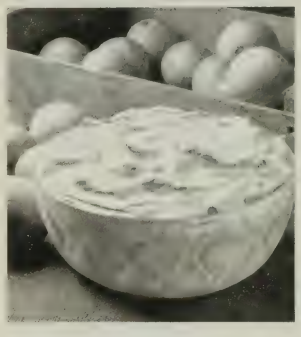
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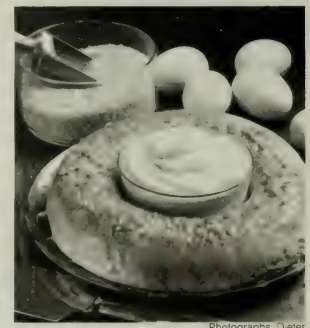
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REALLY DIFFERENT RICE DESSERTS





Photographs: Dieter

ORANGE MERINGUE RICE PUDDING

Oranges and a delicately browned meringue topping update old-fashioned rice pudding—

½ cup long-grain rice
4 cups milk
3 beaten egg yolks
½ cup sugar
2 teaspoons finely shredded orange peel
Dash salt
¼ cup orange juice

• • •

3 egg whites
⅓ cup sugar

In heavy saucepan combine rice and milk. Bring to boiling. Reduce heat and cook, covered, over very low heat about 35 minutes or till rice is tender, lifting lid to stir occasionally. Combine egg yolks and the ½ cup sugar. Stir in the orange peel and salt; add about 1 cup of the hot mixture to egg yolks. Return all to saucepan. Cook 2 minutes more. Remove from heat; stir in orange juice. Turn mixture into 2-quart casserole.

In mixer bowl beat egg whites till soft peaks form (tips curl over). Gradually add the ⅓ cup sugar, beating till stiff peaks form (tips stand straight). Spread meringue evenly over rice mixture, sealing to edges of dish. Bake the pudding in a 350° oven about 12 to 15 minutes or till the meringue is golden brown. Serve the pudding warm or cool in individual dessert dishes. Makes 8 servings.

BAKED RICE CAKE

Purchased caramel ice cream topping and quick-cooking rice simplify a French classic—

2 cups milk
1 cup water
½ cup sugar
½ teaspoon salt
1⅓ cups quick-cooking rice

• • •

3 beaten eggs
1½ teaspoons vanilla

• • •

¼ cup caramel ice cream topping
Whipped cream

In medium saucepan combine milk, water, sugar, and salt. Bring to boiling; stir in rice. Remove from heat. Cover and let stand 10 minutes (Rice will not absorb all the liquid.) Combine eggs and vanilla. Gradually stir about 1 cup of the hot rice mixture into eggs. Return all to remaining rice mixture in saucepan, stirring to thoroughly blend ingredients.

Pour caramel topping into 5½-cup ring mold, lifting and tilting mold to spread topping over bottom and about halfway up sides of mold. Pour rice mixture into prepared mold. Place mold on baking sheet or pizza pan to catch any liquid that may bubble over. Bake in 350° oven for 25 to 30 minutes or till knife inserted just off-center comes out clean. Immediately place serving plate atop mold; invert. Carefully lift off mold. Serve the dessert warm with whipped cream. Makes 6 to 8 servings. ■

HOW TO ENTER MRS. SMITH'S RECIPE CONTEST.

1. On a sheet of paper, type or write clearly your recipe for Mrs. Smith's Meal Maker Shell. Include name, address and zip code and mail to: **Mrs. Smith's Recipe Contest, Box 2380, Maple Plain, Minnesota, 55348.**

2. Enter as often as you wish, but mail each entry separately. Each entry submitted must be accompanied by the name "Mrs. Smith's" cut from the wrapper of any size Mrs. Smith's Meal Maker Shell. Entries must be received by April 10, 1979.

3. Entries are not limited to any category, except that they must be non-dessert ideas. Entries must include directions for preparation, mixing, cooking, temperature setting, cooking time and state all ingredients used. Ingredients must be readily available and given in level standard American measurements.

4. Entries will be judged under the supervision of The Maple Plain Company, an independent judging organization whose decisions will be final on all matters. Entries will be judged on the basis of: originality and creativity (40%), ease of preparation (20%), quality and appeal of recipe (30%), appropriateness of use of ingredients in recipe (10%). Entries preliminarily judged as potential major prizewinners will be kitchen tested and final major prizewinner determination will be based upon the taste and appearance of the finished dish.

5. All potential winners will be required to sign an affidavit certifying that their entries are original ideas, not previously published, and that they have followed the official rules of this contest. Entries become the exclusive property of Mrs. Smith's Pie Company, and none can be returned. Entry into the contest constitutes permission to use ideas, names and/or likenesses of entrants in any manner by Mrs. Smith's Pie Company, its advertising or public-relations agencies.

6. Contest opened to residents of the U.S.A. except employees and families of employees of Mrs. Smith's Pie Company, its affiliates, advertising and judging agencies, and those involved in the preparation of food or recipes on a professional basis. Void where prohibited by law. Subject to all federal, state and local laws and regulations. All prizes are non-transferable and no prize substitution is permitted. Limit one prize to a family. All tax liability for prizes is the sole responsibility of winners. All prizes will be awarded. In the event of a tie, duplicate prizes will be awarded. Winners will be notified by mail by June 30, 1979.

7. For the names of the top 111 prizewinners, send a separate self-addressed, stamped envelope to: Mrs. Smith's Winners List, Box 3105, Maple Plain, Minnesota, 55348.

MRS. SMITH'S



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YOUR DREAM KITCHEN

Beautiful appliances — a Frigidaire 19.9 cu. ft. Elite refrigerator with door front "Refreshment Center," elegant Frigidaire Ceramtop Touch-N-Cook range, Frigidaire Electri-Save dishwasher, Frigidaire mobile trash compactor, and Frigidaire food waste disposal, plus $5,000 for installation and other improvements.



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Frigidaire Touch-N-Cook range with solid-state controls, smooth ceramic cooking surface, and electric oven that cleans itself. Can be programmed with the touch of a finger.



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A cookware set that's as lovely as it is practical — 3 Nordic Ware® saute skillets (9", 11", 12½"), all with DuPont SilverStone non-stick surface.

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Nordic Ware 7" saute skillet. Quality cookware made with Improved DuPont TEFLON®.



Meal Maker Shells are perfect for any dish you can think of, with the taste, texture, and quality you expect from Mrs. Smith's.



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It's the biggest cooking breakthrough since microwave!

Unlike ordinary microwave ovens, the Meal-In-One oven cooks one, two, three foods, even a complete meal, all at once.

All you do is simply touch Vari-Cook® or Vari-Temp,® and cook by time or temperature at any cooking speed you like. Automatically.

Thanks to the Litton Meal-In-One cooking system and solid-state memory.

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The most delicious soup in a cup.

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½ teaspoon dried dillweed
¼ teaspoon celery seed
1 cup *each* hot crisp-cooked broccoli flowerets, zucchini chunks, carrot chunks, and mushroom caps

Combine cheese, milk, parsley, onion, garlic, mustard, worcestershire, dill, and celery seed. Stir over medium-low heat till cheese melts. Turn into fondue pot. Place over fondue burner. Use cooked vegetables as dippers. Makes 4 servings. (Each serving equals 2 medium-fat meat exchanges and 2 vegetable exchanges.)

PEACH FONDUE

1 16-ounce can peach halves in unsweetened fruit juice
1 teaspoon cornstarch
¼ teaspoon ground cinnamon
⅛ teaspoon ground allspice
½ teaspoon vanilla
1 cup cubed melon
¾ cup fresh strawberries, hulled
½ small banana, cut in chunks
1 small apple, cut in wedges

In blender container or food processor combine *undrained* peaches, cornstarch, cinnamon, and allspice; cover and blend till nearly smooth. Pour into small saucepan; cook mixture, stirring constantly, till bubbly. Remove from heat; stir in vanilla. Transfer to fondue pot; keep warm over fondue burner. Serve with fruit as dippers. Makes 5 servings. (Each serving equals 2 fruit exchanges.) ■

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Fondues for Diabetics

Now you can gather round the fondue pot, join in the fun, and still stay safely within your diabetic diet modifications. Try one of these cook-at-the-table recipes for entertaining or for a family meal anytime.



Buying Information, page 167

HERBED CHEESE FONDUE

2 cups shredded low-fat American cheese (8 ounces)
½ cup skim milk
1 tablespoon snipped parsley
1 tablespoon grated onion
1 small clove garlic, minced
1 teaspoon dry mustard
1 teaspoon worcestershire sauce

The most delicious soup in a pot.

Give a sniff while it simmers. That's freshness you're cooking up when you make Lipton® Soup Mix. So delicious your family will love it. When you make soups by the pot – make 'em Lipton Soup Mix.




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IN UNSWEETENED PINEAPPLE JUICE
ITS OWN
JUICE
(Pineapple
pancakes.
They're
wonderful,
too.)



File under Desserts

Buying information, page 167

Peanut Butter Desserts

Peanut Butter 'n Jelly Cheesecake

This prizewinning cheesecake has a glossy jelly topping—

1 cup graham cracker crumbs
3 tablespoons sugar
3 tablespoons butter *or* margarine, melted
2 8-ounce packages cream cheese, softened
1 cup sugar
½ cup peanut butter
3 tablespoons all-purpose flour
4 eggs
½ cup milk
½ cup grape jelly

In a small bowl combine graham cracker crumbs, the 3 tablespoons sugar, and the melted butter or margarine. Press mixture evenly in bottom of a 9-inch springform pan. Bake in a 325° oven for 10 minutes. Set aside. Increase oven temperature to 350°. In large mixer bowl beat together cream cheese, the 1 cup sugar, the peanut butter, and flour till well blended and smooth. Add eggs; beat just till blended. Gently stir in milk. Pour mixture into baked crust. Bake in 350° oven for 45 to 50 minutes. Cool. Loosen sides and remove rim from pan. In small saucepan heat jelly till melted; spoon over cake. Chill. Makes 12 to 16 servings.

Mrs. Russell Lewis, Dubuque, Ia.



File under Poultry, fish, and eggs

Photographs: Dieter

Poultry Main Dishes

Almond Chicken Francais

Top honors go to this easy dish with wine, yogurt, almonds, and cheese—

1 8-ounce package wide noodles (about 5½ cups)
1 9-ounce package frozen French-style green beans
1 8-ounce carton (1 cup) plain yogurt
½ cup mayonnaise *or* salad dressing
¼ cup dry white wine
½ teaspoon salt
½ teaspoon dried parsley flakes
½ teaspoon dried dillweed
¼ teaspoon garlic powder
Dash pepper
3 cups cubed cooked chicken
1 cup slivered almonds
½ cup grated parmesan cheese

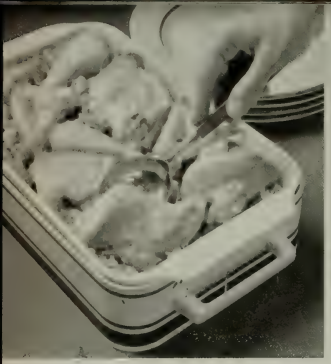
Cook noodles and beans separately according to package directions; drain well. In medium bowl combine yogurt, mayonnaise, wine, salt, parsley flakes, dillweed, garlic powder, and pepper. In a 3-quart casserole layer *half each* of the noodles, green beans, chicken, almonds, parmesan cheese, and yogurt mixture; repeat layers. Bake, covered, in a 350° oven for 45 minutes or till heated through. Makes 6 to 8 servings.

Julie Bohl, Port Chester, N.Y.



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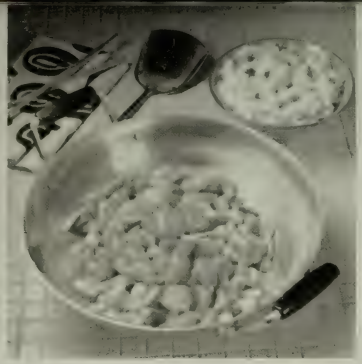


Chicken-Oyster Bake

- 2 tablespoons all-purpose flour
- 1 2½- to 3-pound broiler-fryer chicken, cut up
- 1 tablespoon cooking oil
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 15½-ounce can cut green beans, drained
- 1 14-ounce package frozen oyster stew
- 1 cup uncooked long-grain rice
- 1 8-ounce can (1 cup) tomato sauce
- 1 6½-ounce can minced clams, drained

In plastic bag combine flour, 1 teaspoon *salt*, and ⅛ teaspoon *pepper*. Shake chicken, a few pieces at a time, in flour mixture to coat; brown in hot oil in large skillet. Remove chicken; set aside. Add onion and garlic to skillet; cook till tender. Stir in green beans, oyster stew, rice, tomato sauce, *drained* clams, and ½ cup *water*. Heat to boiling, breaking up stew with fork. (Mixture may appear curdled.) Pour into a 13x9x2-inch baking dish. Arrange chicken pieces atop. Cover; bake in a 375° oven for 50 to 60 minutes. Makes 4 to 6 servings.

Geneva H. Schmitt, Louisville, Ky.



Stir-Fry Mandarin Chicken

- 3 tablespoons soy sauce
- ½ teaspoon dried dillweed
- 1 large whole chicken breast, skinned, boned, and cut in bite-size pieces
- 3 tablespoons cooking oil
- 1 8-ounce can water chestnuts, drained and thinly sliced
- ¾ cup bias-sliced celery
- 1 11-ounce can mandarin orange sections
- 1 tablespoon cornstarch

Hot cooked rice

Combine *2 tablespoons* of the soy sauce, the dillweed, and ¼ teaspoon *salt;* add chicken. Let stand 20 minutes. Heat *1 tablespoon* of the oil in wok or 10-inch skillet; add water chestnuts and celery. Stir-fry 1 to 2 minutes. Remove; set aside. Heat remaining oil in wok; add chicken mixture and stir-fry 3 to 4 minutes or till done. Drain oranges, reserving liquid. Return vegetables to wok. Blend reserved liquid with the remaining 1 tablespoon soy sauce and cornstarch; stir into wok. Cook and stir till bubbly. Add oranges. Cover; cook 1 minute. Serve with rice. Makes 2 or 3 servings.

Ann Glaze, Salem, Ore.



Double Delight Delta Pie

Combine 1 cup *graham cracker crumbs*, ½ cup *presweetened cocoa powder*, ⅓ cup chopped *peanuts*, and 6 tablespoons *butter* or *margarine*, melted. Press into a 9-inch pie plate. Bake in 350° oven 10 minutes; set aside. Combine ½ cup *presweetened cocoa powder* and ½ envelope (about 1 teaspoon) *unflavored gelatin*. Add ⅓ cup *milk*, 3 tablespoons *light corn syrup*, 1 beaten *egg*, and 3 tablespoons *butter*. Cook and stir over medium heat just to boiling. Remove from heat; stir in ½ teaspoon *vanilla*. Cool 10 minutes. Pour mixture into crust; chill. Combine remaining ½ envelope *unflavored gelatin* and ⅓ cup *sugar;* blend in 1 cup *milk* and 2 slightly beaten *egg yolks*. Cook and stir over medium heat till mixture coats a metal spoon. Remove from heat; blend in ½ cup *creamy peanut butter*. Chill till consistency of corn syrup. Beat 2 *egg whites* to soft peaks; gradually add ¼ cup *sugar*, beating to stiff peaks. Fold into yolk mixture along with 1 cup *frozen whipped dessert topping*, thawed. Spoon into crust. Chill 6 hours or overnight.

Shirley Kroll, Memphis, Tenn.



Choco-Peanut Butter Squares

- 2¼ cups all-purpose flour
- 2 cups packed brown sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 cup peanut butter
- ½ cup butter *or* margarine, softened
- 1 cup milk
- 3 eggs
- 1 teaspoon vanilla
- 1 6-ounce package (1 cup) semisweet chocolate pieces

In large mixer bowl stir together flour, brown sugar, baking powder, and soda. Add peanut butter and butter or margarine; blend at low speed of electric mixer till crumbly. Remove 1 cup of the crumb mixture; set aside. To remaining crumbs in bowl, add the milk, eggs, and vanilla. Blend at low speed till moistened; beat 3 minutes at medium speed. Pour batter into an ungreased 13x9x2-inch baking pan. Sprinkle the chocolate pieces over batter; sprinkle reserved crumbs atop. Bake in a 350° oven for 40 to 45 minutes or till cake tests done. Cool; cut in squares to serve.

Rose E. Clearwaters, Grants Pass, Ore.

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Ernestine Segers



"The neatest pie recipe. My husband loved it; he had two pieces."
Luella Miller



"Delicious. Beautiful. It just took a few minutes."
Louise S. Yambor

Easy Choco-Nut Pie

- 3/4 cup peanuts
- 3 eggs
- 2 tablespoons milk
- 1 teaspoon vanilla
- 1/2 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 2 tablespoons flour
- 1/2 cup butter or margarine, softened
- 2 squares BAKER'S® Unsweetened Chocolate

Grind 1/2 cup of the peanuts in electric blender container; chop remaining nuts. Put ground nuts on bottom and sides of well-greased 9 inch pie pan. Combine eggs, milk, vanilla, sugars, flour and butter in blender. Blend at medium speed about 1 minute, or until well blended. Add chocolate and blend at medium speed 2 minutes longer, or until smooth. Pour into pan; sprinkle with chopped nuts. Bake at 325° for 40 minutes. Serve warm or cool. Store any leftover pie in refrigerator.

Amazing Ambrosia Pie

- 1-3/4 cups milk
- 3/4 cup sugar
- 1/2 cup biscuit mix
- 4 eggs
- Rind of 1/2 orange
- 1/4 cup butter or margarine
- 1-1/2 teaspoons vanilla
- 1 cup BAKER'S® ANGEL FLAKE® Coconut

Combine milk, sugar, biscuit mix, eggs, orange rind, butter and vanilla in electric blender container. Cover and blend on low speed for 3 minutes. Pour into greased 9 inch pie pan. Let stand about 5 minutes; then sprinkle with coconut. Bake at 350° for 40 minutes. Serve warm or cool.
Store any leftover pie in refrigerator.

Coconut Fudge Pie

- 1-1/2 tablespoons butter or margarine, softened
- 2 cups BAKER'S® ANGEL FLAKE® Coconut
- 1 can (13 oz.) evaporated milk
- 2/3 cup firmly packed brown sugar or granulated sugar
- 1 egg
- 3 tablespoons flour
- 1 teaspoon vanilla
- 4 squares BAKER'S® Semi-Sweet Chocolate, cut in half

Spread butter evenly on bottom and sides of a 9-inch pie pan. Press in 1-1/3 cups of the coconut.

Combine milk, sugar, egg, flour, vanilla and chocolate in electric blender container. Blend on high speed for about 1-1/2 minutes or until smooth. Pour into coconut-lined pan and sprinkle with remaining coconut. Bake at 325° for 30 minutes. Serve warm or cool. Store any leftover pie in refrigerator.

We asked women to make some very special pie recipes.
ecipes you make by simply putting all the ingredients in a blender.
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Chicken of the Sea.

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receive $25 each, and 10 Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next September. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Soups and Stews

A winner could be your original main-dish soup or stew recipe using meat, fish or seafood, poultry, beans, or cheese. Is yours a microwave version of a familiar favorite? Tips: **creamy scallop bisque, lamb-tomato stew, hearty soybean vegetable soup.**

Mocha Desserts

Your prizewinning recipe might be a fondue, custard, soufflé, trifle, or pudding cake flavored with both coffee and chocolate. Maybe you have an idea for an elegant make-ahead. Hints: **mocha-cream shortcake, café mocha, mocha soufflé.**

THIS MONTH'S WINNERS

(See recipes on pages 131 and 132.)

Cooks-of-the-Month

Julie Bohl, Port Chester, N.Y.
Mrs. Russell Lewis, Dubuque, Ia.

Runners-up

Rose E. Clearwaters, Grants Pass, Ore.
Ann Glaze, Salem, Ore.
Shirley Kroll, Memphis, Tenn.
Geneva H. Schmitt, Louisville, Ky.

Honor Roll

Mrs. Harriett K. Call, Springfield, Mo.
Mrs. J. F. Finnegan, Minneota, Minn.
Rebecca Getschman, Honolulu, Hawaii
Mrs. Adeline Jordan, Mount Hope, Kans.
Harriet Keith, Gilman, Ia.
Mrs. Alice McNamara, Eucha, Okla.
Mrs. George Rule, Orlando, Fla.
Nancy Van Susteren, Redding, Calif.
Mrs. William R. Vogt, Pomeroy, Wash.
Ruth S. Webster, Portales, N. Mex.

FOOD



SOUPS AND STEWS AND MOCHA DESSERTS

Do cool days inspire you to create hearty soups and stews? Do you have a favorite dessert recipe that combines coffee and chocolate flavors? Send us your recipes—you could win next September. Two Cooks-of-the-Month receive $50 each, four Runners-up re-

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "September Soups and Stews" or "September Mocha Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, February 28. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7902 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



OVEN PANCAKES

Bake one of these giant pancakes and you won't have to hover over a hot griddle while everyone else eats.



BACON-AND-CHEESE OVEN PANCAKE

Make a stack of pancake squares for each serving—

6 slices bacon
1 cup all-purpose flour
2 tablespoons sugar
1 tablespoon baking powder
½ teaspoon salt
• • •
1 beaten egg
¾ cup milk
• • •
1 cup shredded sharp American cheese (4 ounces)
Butter *or* margarine
Maple syrup

Cook bacon till crisp; drain, reserving 3 tablespoons drippings. Crumble bacon and set aside. In bowl stir together flour, sugar, baking powder, and salt. Combine egg, milk, and reserved bacon drippings; add all at once to dry ingredients, beating with rotary beater till smooth. Stir in bacon. Spread batter evenly in greased and floured 15x10x1-inch baking pan. Bake in 425° oven for 15 minutes. Sprinkle with American cheese; bake 2 to 3 minutes more till cheese is melted. Cut in squares. Pass butter or margarine and maple syrup. Makes 4 to 6 servings.

EASY BLUEBERRY PANCAKE WEDGES

Use your favorite pancake mix for this upside-down breakfast special—

1 cup packaged pancake mix
1 teaspoon shredded lemon peel
2 tablespoons butter *or* margarine
1 16-ounce can blueberries
⅓ cup sugar
1 tablespoon cornstarch

Prepare pancake mix according to package directions; stir in lemon peel. Set aside. In 10-inch skillet with ovenproof handle, melt butter or margarine; remove from heat. Drain blueberries, reserving syrup. Spoon berries in bottom of skillet; carefully pour batter atop. Bake in 400° oven 15 to 18 minutes. Meanwhile, in saucepan combine sugar and cornstarch; add reserved syrup. Cook and stir till thickened and bubbly. Loosen edges of pancake. Invert onto serving plate; cut in wedges. Pass syrup. Makes 4 to 6 servings. ■

Buying information, page 167

Souped up meat loaf.



It's just one tasty idea from Lipton's new Souped Up Cookbook.

For loads of savory and simple recipes, you'll love this terrific new cookbook—"Souped up Recipes from Lipton." It contains 128 pages of tasty recipe ideas, step-by-step instructions and full-color photographs... all for only $1.50. These recipes are simple to prepare and simply delicious. Send for your cookbook today.

And here's a sample recipe—a delicious way to make the most of a meat loaf. All it takes is a little imagination, and the special flavor you get only from Lipton® Recipe & Soup Mixes. Make a Souperior Meat Loaf tonight.

Souperior Meat Loaf

1 envelope Lipton Onion or Beef Flavor Mushroom Soup Mix
2 pounds ground beef
1 ½ cups soft bread crumbs
2 eggs
¾ cup water
⅓ cup catsup

Preheat oven to 350°.

In large bowl, combine all ingredients. In large shallow baking pan shape into loaf. Bake 1 hour or until done. Makes 6 to 8 servings.

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SKIP-A-STEP CHICKEN ENTRÉES

In a time bind because you forgot to thaw the chicken? No problem—these tasty main dish recipes start with frozen chicken. When you bring the chicken home from the store, just take a few minutes to wrap and freeze the pieces according to our directions. Then the next time you need dinner in a hurry, you can take chicken from the freezer and serve the cooked dish in little more than an hour.





Photographs: Dieter

Freezing directions

Rinse chicken pieces and pat dry. Spread pieces out on a baking sheet so they do not touch. Freeze. When they're firm, store in freezer plastic bags or wrap in moisture-vaporproof material (wrap backs together to use in soup). Seal, label, and freeze up to six months.

WHOLE WHEAT OVEN-FRIED CHICKEN

Shredded wheat cracker crumbs give this chicken a crispy crust—

¾ cup finely crushed shredded wheat crackers
1½ teaspoons paprika
½ teaspoon ground sage
Dash pepper
1 2½- to 3-pound frozen, cut-up broiler-fryer chicken
3 tablespoons all-purpose flour
1 5⅓-ounce can (⅔ cup) evaporated milk

• • •

2 tablespoons butter *or* margarine, melted

In a bowl or on waxed paper, mix cracker crumbs, paprika, sage, and pepper. Dip frozen chicken pieces in flour, then in evaporated milk. Roll in crumbs, patting on crumbs to coat. Arrange chicken pieces, skin side up, in a 13x9x2-inch baking pan. Sprinkle with any remaining crumb mixture. Drizzle with the melted butter or margarine. Bake in 375° oven for 1 hour and 10 minutes. Makes 4 servings.

FRUITED BARBECUE CHICKEN

Next time, try using an 8¾-ounce can of peach slices in place of the pineapple—

2 tablespoons cooking oil
1 2½- to 3-pound frozen, cut-up broiler-fryer chicken
1 cup bottled barbecue sauce
1 8¼-ounce can crushed pineapple, drained
1 11-ounce can mandarin orange sections, drained

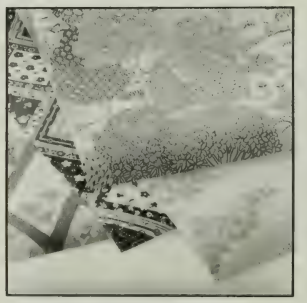
Heat oil; place frozen meaty chicken pieces toward center and remaining pieces at edge of pan. Cook, uncovered, over medium heat about 20 minutes, turning to brown chicken evenly. Combine barbecue sauce and pineapple. Spread over chicken. Cover; simmer 30 minutes, basting occasionally. Place drained orange sections atop chicken. Spoon some of the sauce over oranges. Simmer, uncovered, 5 to 10 minutes longer or till chicken is done. Makes 4 servings. ■

Buying information, page 167

FEATURES Margaret McMahon

GOOD NEWS PLUS

Personality papers



Some of the prettiest and most versatile wall coverings and fabrics around are the new Gloria Vanderbilt designs from James Seeman. The collection is fresh and bright with a wide range of patterns including splashy florals, well-scaled geometrics, patterned stripes, calicos, and some patchworks—all wonderfully colored. This is a group of designs with something for everyone. There are 21 wall covering patterns in 86 color combinations and nine companion fabrics in 28 colors. All the "Gloria" wall coverings are printed on fabric-backed, strippable, scrubbable, 28-inch-wide pre-trimmed vinyl or Mylar backgrounds. They range in price from $14.95 to $19.95 per roll. The 48-inch-wide fabrics are cottons or cotton/polyester blends, and they cost $11.95 or $13.95 a yard. You can see this new pattern book at good paint and wallpaper stores throughout the country. A four-page color brochure showing every pattern and color combination in the collection is available from James Seeman Studios, Inc., Division of Masonite Corporation, 50 Rose Place, Garden City Park, N.Y. 11040. See for yourself how each pattern in the collection expresses the charm, grace, and warmth you've come to expect from "Gloria" designs.

Handy person's bible

If you find you're doing more and more work around the house, maybe you need the Brookstone Catalog of "Hard-To-Find Tools & Other Fine Things." This catalog doesn't offer just routine hardware. Instead, it features unusual tools and products for the handyman, gardener, cook, and car buff. A screw- and nut-holder, a spray cleaner used by auto dealers, and a shingle nail remover are among the curious and practical "fine things." Everything has been tested in the company's own facilities and in home workshops. Major credit cards are accepted, and each item is backed by a lifetime guarantee and return policy. For your free copy of this 68-page catalog write Brookstone Company, 127 Vose Rd., Peterborough, N.H. 03458.

Tops in tables

A dining table that extends is nice, but even nicer is one that also stores your flatware. This table is only one of the innovative designs in Daystrom's line of "Acrobats" furniture. The group includes a flip-top table that opens from a 35-inch square to a length of 70 inches; a high-low table that switches from dining height to a 16-inch-high cocktail table; a console that hides an extension top long enough to seat eight; and a gateleg table that folds to a narrow eight inches, but opens to seat six. All the tables are durable, wood-grain plastic laminate, and at $199 each they are good buys in double-duty furniture. If you need more information on where to find the "Acrobats," write Edgar Mallory, Daystrom Furniture, Inc., Division of Sperry & Hutchinson, Sinai Rd., South Boston, Va. 24592.

Car-theft deterrent



Now there's a proven way to reduce the chance of your car's being stolen and increase the chance of recovery if it is stolen. The idea is called Identicar, and it's a permanent "fingerprinting" system for automobiles. For about $35, each piece of glass in your vehicle is engraved with a small (⅜ inch high) letter code. The code, along with your name and a description of your car, is kept in a national registry which is available to law enforcement agencies day or night. An Identicar vehicle can sometimes be traced in minutes, and a thief will probably be loath to steal a marked car since he can't remove the code. Identicar is available at glass replacement and automotive shops throughout the country, but if you can't locate a licensed dealer, write Identicar International, 217 W. Central St., Natick, Mass. 01760.

Fund raising how-to

If you could use some help raising money for your favorite community project, get hold of a copy of *The Grass Roots Fundraising Book*. Joan Flanagan, who headed fund raising for Chicago's Citizens Action Pro-

continued on page 142

Can your oil pass the Crisco Oil salad test?



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CREAMY FRENCH DRESSING

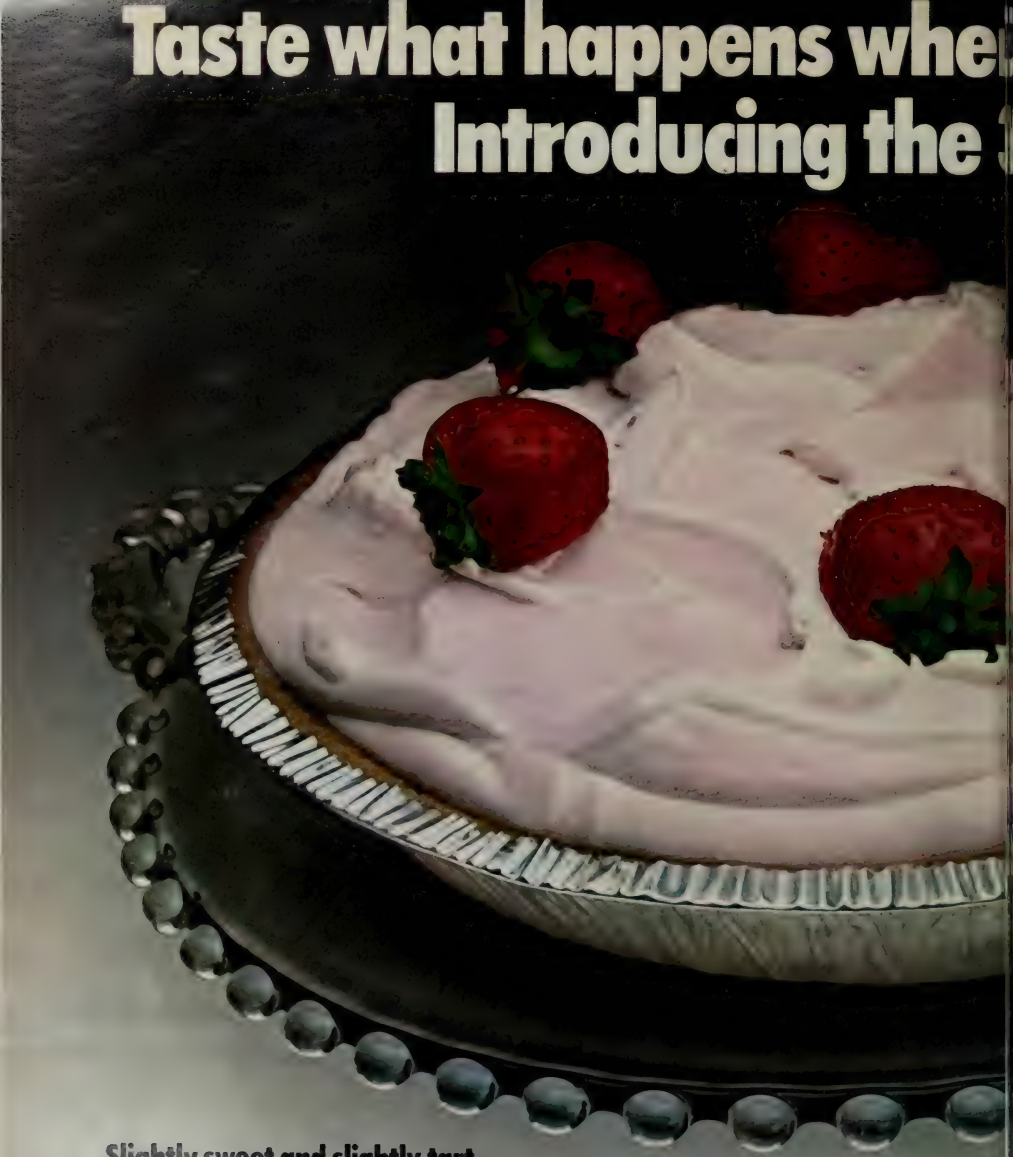
¼ cup white vinegar
¼ cup catsup
½ teaspoon salt
½ teaspoon dry mustard
½ teaspoon paprika
½ cup Crisco Oil
2 teaspoons granulated sugar

Place all ingredients, except the oil, in an electric blender or mixing bowl. Add the Crisco Oil slowly while blending vigorously with the blender or an egg-beater. Refrigerate. Makes about 1 cup.

For a milder dressing, add an additional teaspoon granulated sugar.

Remember, Crisco Oil has no cholesterol.

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1. Just fold the tangy taste of your favorite strawberry yogurt (two 8-oz. containers) into the creamy fresh taste of BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping (one 8-oz or 9-oz. tub). Spoon into a delicious JOHNSTON'S® Graham Cracker READY-CRUST®. That's it. Now your freezer does the rest.

2. Freeze until firm (about 4 hours). Remove fr freezer 30 minutes before serving (or longer for softer texture) and place in refrigerator. Garnish with fresh strawberries. In the unlik event that any pie is left over, just store it in your freezer.

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Minute Yogurt Pie.



lore tempting 3 Minute Yogurt Pie ideas.



Cool Whip's Tangy Lemon Yogurt Pie.
Simply follow the basic yogurt pie recipe using lemon yogurt. For extra added tang, old in one tablespoon of grated lemon rind.



Cool Whip's Beautiful Blueberry Yogurt Pie.
Follow the basic yogurt pie recipe using blueberry yogurt. Garnish the pie with resh or frozen blueberries.





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Most people who buy a KitchenAid have already owned a dishwasher.

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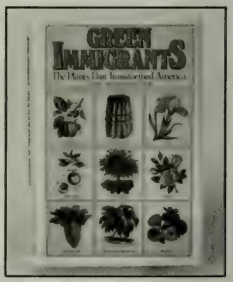
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GOOD NEWS PLUS

gram, tells you all about how to do what in this nuts-and-bolts guide. You can learn how to recruit and train volunteers, choose the best type of benefit, organize the event, and publicize it. Whether you're raising money for the local garden club or your neighbor's congressional campaign, this is a must manual. It's published by the Swallow Press, Inc., Chicago, and is available for $4.95 in bookstores, but you can order it for $5.25 from the Youth Project—*The Grass Roots Fundraising Book,* P.O. Box 988, Hicksville, N.Y. 11802.

Plant biographies



Did you know that crabgrass was introduced to America as a food for livestock? Or that the zinnia is a Mexican weed named after Dr. Gottfried Zinn, a German botanist? These facts and lots more about the history and folklore of nearly 100 familiar plants are chronicled in *Green Immigrants,* a delightful history of American plants by Claire Shaver Haughton. The book is entertaining reading for the interested layman as well as the professional botanist, historian, or student. For your copy, send a check or money order for $12.95 to Harcourt Brace Jovanovich, Inc., 757 Third Avenue, N.Y., N.Y. 10017. ■



¡ood Ideas Keep Popping Up.



When you've got Velveeta process cheese spread from Kraft, good ideas keep popping up. Like this Velveeta and frankfurter grill. Or this omelette made with bacon and Velveeta, a different way to serve bacon and eggs. For a wholesome main course idea, combine cubed Velveeta process cheese spread with ground beef and pork and beans, and top with biscuits and slices of Velveeta. Not only is Velveeta process cheese spread delicious cubed and cooked in special dishes, like stuffed green peppers, it tastes fine all by itself. It's another reason America spells cheese KRAFT.

No wonder Velveeta is so popular.

KRAFT

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lamp made me a



ulb in my 3-way
-way loser.



Then GE showed me the light.

I saw the error of my 1-ways.

I was using 100- and 150-watt 1-way bulbs in my 3-way lamps. Because I needed that much light for things like reading and threading needles! But for just sitting and chatting, or most



LOW MEDIUM HIGH

anything else, it was more than I needed.

I was wasting electricity, and that meant money, too.

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GENERAL ELECTRIC



• A **front-loading portable** opens from the front and ca be rolled to the table for loading, then to the sink fo washing. An adapter attaches to the hot water faucet. Th dishwasher drains into the sink.

• A **convertible dishwasher** is the same model as th front-loading portable in some manufacturers' lines. How ever, in addition to being used as a portable, the convertib can be built into your kitchen cabinets later if you choos This type is a little more expensive than a comparable built in dishwasher, and the converter kit and labor to have th dishwasher installed can easily run $100 or more.

• A **top-loading portable** may be the only solution if you kitchen is too narrow to allow the door of a front-loadin model to extend into the traffic area. This type, like th front-loading portable, rolls to the sink and hooks up to th faucet for operation. You'll likely choose a top-loadin dishwasher only if you have a very cramped kitchen.

Cycles

The more expensive the dishwasher, the more cycles yo will get.

• A **power-saver cycle** eliminates the power-dry portion the cycle, and may also eliminate the use of the hea booster, which normally maintains the water temperatur during the cycle. Use the power-saver cycle to conserv energy when dishes don't need to be dried quickly and whe the water is hot enough to clean dishes.

• A **regular cycle** is used for normally soiled dishes.

• A **heavy-duty cycle** extends the cycle or provides a

EQUIPMENT

Dishwasher Buymanship

When the dishwasher first became popular, the most important question was, "Will it really get the dishes clean?"

Since that time, technology has advanced and now a variety of efficient models is available. So if the water at your house is hot and soft, and if you use enough detergent, the dishwasher you buy should make your dishes sparkle every time.

Types

Once you decide to buy a dishwasher you'll have to determine which type you need—a built-in or a portable model. Here are the types you can choose from:

• A **built-in dishwasher** is the most convenient type since it is permanently installed. A built-in model is usually placed next to the sink to simplify plumbing the dishwasher into the hot water line and kitchen drain. All under-counter dishwashers load from the front.

Prices vary widely, from $200 to $500, depending upon the brand, quality of construction, cycle selection, and automatic features. Budget $300 to $400 for a good-quality, serviceable appliance.



If you hate cholesterol...



rule are quieter during operation. But soft materials may puncture if a sharp utensil drops on them. Porcelain enamel is very durable, though it can chip easily. Stainless steel is the most rugged interior material, but also the costliest.

- **How noisy is the dishwasher during operation?**

Since the noise level of a dishwasher is important, examine product literature and ask the salesperson about the type and amount of insulation.

- **What colors are available in front panels?**

An interchangeable door panel on most built-ins allows you to choose from popular appliance colors.

- **Does the unit have a strainer or filtering system?**

A strainer plate in the bottom of a dishwasher keeps pieces of food such as lettuce or peas from clogging the drain. Food left on the strainer at the end of the cycle can be cleaned out by hand. A self-cleaning filter removes tiny particles of food as water is recirculated during the wash cycle. A backwash system cleans the filter and flushes food particles down the drain.

- **Does the unit have detergent and rinse additive dispensers?**

A detergent dispenser automatically releases detergent at the correct time. A typical cycle has one or two wash periods (with detergent) followed by two or three rinse periods. Although you can add detergent for the first wash period at the beginning of the cycle, a detergent dispenser is needed to automatically add detergent for the second wash period.

A rinse additive dispenser helps reduce hard water spotting problems. ■

ra wash cycle for tough jobs such as an omelet pan.

A soak cycle is a hot water purge. A short wash wets hes, then the dishwasher stops the wash action while a king solution softens hard-to-remove food.

A gentle cycle shortens the cycle or aerates the water to len its force. This cycle may also be called a light cycle or hina and crystal cycle, suggesting the type of dishes for ich it is suitable.

A plastic cycle eliminates the use of the heating element plastic dishes, glasses, and storage containers won't melt.

A rinse-and-hold cycle rinses dishes in a short no-tergent cycle so food will not sour and dry on dishes while iting for a full load to accumulate.

A sanitizing cycle heats water to a factory-set tempera-re to sanitize dishes. Use this cycle when family members ve colds or other contagious illnesses.

A dish warmer cycle uses the dry portion of the cycle to eheat dishes.

Features

The quality of construction and type of materials used in dishwasher vary according to the price. Here are some of e questions you should ask the salesperson to make sure u get the quality and service you want.

What is the interior of the dishwasher made of?

The interior of a dishwasher may be porcelain enamel, ainless steel, vinyl-coated steel, or some other engineered astic material. The soft surface materials (vinyl and astic) are less expensive than other materials, and as a

Puritan Oil is here.

Sunflower oil makes Puritan higher in polyunsaturates than corn oil. In fact, a diet to fight cholesterol that included Puritan was proven clinically effective. So if you love good eating but hate cholesterol, you'll love Puritan.



HOW TO SHOP FOR QUICK-ASSEMBLY FURNITURE

Call it what you will, quick-assembly, knock-down (KD), or life-style furniture is creating excitement and rapidly gaining acceptance on the home furnishings scene. This breed of furniture differs in a number of ways from the more familiar factory-assembled pieces. Here's some information to help you shop the new world of "do-it-yourself" furniture.

What is it?

Essentially, quick-assembly furniture is furniture you buy off the shelf and carry home in a carton.

Because you fit the furniture together yourself, there is no waiting period between purchase and delivery. You can load the back of a station wagon with enough packaged furniture to fill an entire room or a small apartment—and put all of the pieces together in one afternoon.

The idea of furniture sold in a box is not totally new. A few stores around the country have been selling quick-assembly furniture for a decade or more. In recent years, however, the quantity and choice of styles have expanded, and the quality has been improved. Currently more than 100 lines of living room, dining room, and bedroom furniture are available.

Quick-assembly furniture is affordably priced for the simple reason that it costs the manufacturers less to produce. They save money on the labor normally required to assemble furniture, and on the shipping and delivery costs. The likelihood of costly damage is also diminished, since disassembled furniture can be packed tightly and securely for shipping. The savings can amount to as much as 40 percent of the cost of a similar factory-assembled item. Pieces are generally priced at least 20 percent lower than their traditional counterparts.

Some quick-assembly furniture is well designed and of quality construction. Some is simply low-priced and not meant to last for years, but it is usually well-styled and serviceable.

Materials used include wood, fiberboard, plastic, and chrome-finished steel or wrought iron, with accents of rush, cane, or other woven reeds. No tools beyond an ordinary screwdriver and hammer are needed. In some cases, the screwdriver is included in the carton.

Styles

Most knock-down furniture is clean-lined and contemporary, with a minimum of ornamentation and hardware. The natural look predominates, with an emphasis on wood grains and textured fabrics. There is some easy-assembly Early American furniture, but it tends to look more ruggedly western than colonial.

High-quality wood-framed lines and, surprisingly, some of the molded plastic groups are good-looking enough for the most sophisticated of tastes and can blend with almost any setting.

More rustic-looking furniture in knotty pine is at home in a family room, first apartment, or retirement home. All quick-assembly furniture is appropriate for vacation houses.

By selecting these put-together pieces, a family that moves often could save considerably on moving costs. The furniture pieces can be disassembled quickly and repacked in their original cartons for transporting.

Upholstered seating

Many easy-assembly seating units start with simple square bases you can put together in several different ways. Plop a plump cushion on the base and you have an ottoman. Add a back, arms, and another cushion, and you have a comfortable lounge chair. Line up two units for a love seat, three or more for a sofa, a dozen for a luxurious seating pit.

In some styles, metal or wood frames are held together with screws or bolts. In others, chrome or plastic pipes fit together to form the framework. Still other pieces are held by metal hooks which fit over pins in a slot, or by wooden pegs that are pounded into pre-drilled holes.

Side panels for end units of sofas and chairs slide into grooves in the frame or may be screwed into place.

Whether screws, bolts, pegs, hooks, or special connectors are used, they are included in the package along with detailed assembly instructions.

It's a good idea to open the carton soon after you get it home, even if you're not planning to assemble the furniture immediately. Check to be sure that all the parts and the necessary connectors are included.

Lower priced furniture groups may be packed too hurriedly, and parts are occasionally missing. As a rule, however, you will not encounter such difficulties with quality lines.

Shopping tips

Don't judge the wood or the construction of a quick-assembly piece in the same way you would judge standard furnishings. A few groups have hardwood frames, but most are pine, even in high-quality lines. Side panels on chairs and sofas may be of pine, fiberboard, or woven reed or cane, or the sides may be upholstered with the same fabric used for the cushions.

Whatever the framework, look for furniture that feels solidly built. Samples should be set up in the store so you can examine them. Ask if you can take an assembled model apart to see how it is put together, and to make sure that it really is easy to assemble.

Sit on the sofas and the chairs. They should not creak with pressure. Most seating units are designed for rugged use, and they should be at least as stable as conventional furniture. If a piece feels flimsy, it may collapse before too long.

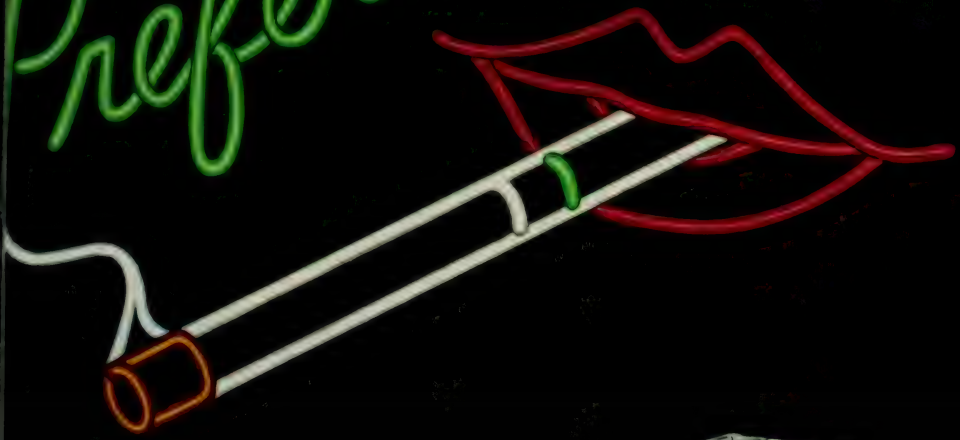
Chrome, iron, and metal frames should be electrostatically finished on all exposed surfaces to protect against chipping and peeling.

Check the tailoring of the upholstery. Fabric patterns should match and be

continued

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continued

Quick-assembly furniture

centered on the back and seat cushions. On tufted cushions, wrinkles should be neat and uniform. Pull gently at buttons to see if they seem to be attached firmly. Zippers should be straight and neat, and seams should feel firm and tightly stitched.

Cushions in most groups are made without welts, a more economical construction than the boxed and welted type. Not many sofas have springs. Usually, the cushions rest on the box-like base or on a length of fabric slung between top back and bottom front rails of the unit.

Slings and cushions on seating units should be reinforced with interlinings, and the parts that will support weight should be double stitched for extra strength.

The best cushions available are filled with a high-quality solid (not shredded) urethane foam that's wrapped in Dacron or a similar fabric for added durability.

For family rooms, fabric-supported vinyl and stain-resistant olefin are among the most durable upholstery materials. While some groups offer only these two choices, others feature a range of fabrics, including velvets and printed cottons.

Ask if replacement cushions can be purchased. Also check to see if they are reversible for extra wear. Some cushions have vinyl upholstery on one side and fabric on the other for a change of decor. One seating group also has reversible back panels; one side is covered in fabric, the other with panels of woven reed.

Costs

Upholstered furniture is available in a fairly wide range of prices, beginning around $80 for a chair without arms. Units with arms are about $10 higher than armless units in the budget groups and $40 to $50 higher in the quality lines.

A chair with the best quality construction would cost around $200, and a good sofa would be in the $350 range. Furniture units in this upper price bracket have solid wood frames and look much like conventional furniture.

Chrome pipe furniture is a bit lower priced; a single seating unit of good quality will cost around $100. A plastic sofa is about $215, and a chair costs about $90.

Case goods

Cabinets, chests, étagères, and tables in quick-assembly styles are generally put together in much the same way as the seating units. Crosspieces go into pre-drilled holes, or frames are screwed or bolted together. In some pieces, the cross boards slip into grooves or hook to the sides like bed boards.

One collection of cubes that can be made into shelving units, desks, or tables has special connectors to ensure a strong hold.

Only a few manufacturers make quick-assembly chests of drawers, though several offer étagères or open cabinets.

A quality étagère will cost around $200, and a small modular cabinet with doors for hidden storage will cost



approximately $100 to $150.

One chest has polyvinyl drawers that snap together without tools and slide into a framework of extra heavy fiberboard.

A three-drawer chest unit with drawers that are made of heavy canvas on steel frames costs about $100. A desk with three canvas drawers below and a top of white laminated plastic also is available.

Most fast-assembly furniture lines include end tables and cocktail tables in styles to match the sofas and chairs.

Knock-down dining tables and chairs are not as plentiful, though two or three manufacturers do offer them as part of their collections.

In quality lines, furniture edges will fit tightly, with no cracks where the components are attached. If you are buying cabinets or chests that stack on top of each other, be sure the upper units fit firmly in place so that they won't tip over when you pull out a drawer or open a cabinet door. If modular units are to be lined up, they should fit snugly together and appear to be one large unit.

Whether the piece is made of wood-grain plastic, fiberboard, cane, or real wood, surfaces should feel smooth and look carefully finished.

Check to be sure shelves have sturdy brackets that will support a heavy load. Most shelving systems in quick-assembly lines stand on the floor, though a few of them are meant to hang on the wall.

Open and close doors on the display models of cabinets in the store. Do they fit well and open smoothly?

Check drawers. There probably won't be any dust panels or center guides, but quality knock-down furniture should have side guides so that the drawers will move smoothly.

Test the tables by jiggling them. Do they feel stable? Do they feel sturdy enough to support some weight, such as a stack of books? If there is a glass top, is it tempered glass that will not break or crack easily?

Bedroom furniture

Only a few manufacturers make bedroom furniture that can be assembled at home. The beds are simple frames that fit around box springs and mattresses, or they are platform beds, all in a choice of twin or queen size, though not double-bed size.

The only headboard on the market is one made of steel and canvas. Some manufacturers indicate that they expect to add bedroom groups to their lines in the near future.

Availability

Carry-home furniture, unfortunately, is not available in all parts of the country. Many department stores in smaller cities do not carry it, or have only one or two groups.

However, more and more stores are adding "life-style" sections that feature a fair to good selection of affordable, portable, quick-assembly furniture. Specialty stores that deal exclusively in life-style furnishings are springing up in major cities throughout the country.

Most of the quick-assembly furniture on the market is American-made, although some stores also have imports from Sweden, Italy, Denmark, Finland, England, and Yugoslavia. ■





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FOOD

Mandarin-style pot stickers

An Oriental filling makes these hot appetizers exotic, but they're really first cousins to the familiar fried dumplings. Make the filling first so it can chill while you make the dough. True to their name, these pot stickers tend to stick to the skillet, but they're easily removed by using a wide spatula.



Buying information, page 167

MANDARIN-STYLE POT STICKERS

If you like, fill the dumplings ahead, then chill them till frying time—

2 cups finely chopped Chinese cabbage *or* bok choy
½ pound ground pork *or* ground beef
1 4½-ounce can shrimp, drained and chopped
1 4-ounce can chopped mushrooms, drained
2 tablespoons chopped onion
2 tablespoons soy sauce
2 teaspoons sesame oil
1 teaspoon salt
1 teaspoon grated gingerroot

• • •

3¼ cups all-purpose flour
½ teaspoon salt
1 cup boiling water
⅓ cup cold water

• • •

3 tablespoons soy sauce
3 tablespoons rice vinegar *or* white vinegar
Cooking oil
⅔ cup water

Place the chopped cabbage in a double layer of cheesecloth or paper towels; press tightly to extract as much moisture as possible. For filling, combine

the cabbage, ground pork or ground beef, shrimp, mushrooms, onion, the 2 tablespoons soy sauce, the sesame oil, the 1 teaspoon salt, and the grated gingerroot. Cover; chill thoroughly.

Mix *3 cups* of the flour and the ½ teaspoon salt. Slowly add the 1 cup boiling water, stirring till well blended. Stir in the ⅓ cup cold water. When dough is cool enough to handle, place it on well-floured surface; knead in the remaining ¼ cup flour for 8 to 10 minutes or till dough is smooth and elastic. Shape into a ball. Place in bowl; cover with damp towel. Let stand 15 to 20 minutes.

Meanwhile, combine the 3 tablespoons soy sauce and vinegar for dipping sauce; set aside.

Turn dough out onto lightly floured surface. Divide into fourths; roll each to ⅛-inch thickness. Cut into rounds with 3-inch cookie cutter. Reroll as needed to make at least 40 rounds total. Spoon about *1 tablespoon* filling in center of *each* round. Fold in half across filling; pinch edges to seal. Transfer to floured surface, setting pinched edge upright and pressing gently to slightly flatten bottom. Cover with dry towel; repeat with remaining filling and dough rounds.

For each batch, heat *2 tablespoons* cooking oil in 10-inch skillet about 1 minute or till very hot. Set a *fourth* of the dumplings, pinched edges up, in skillet (dumplings should not touch each other). Cook about 1 minute or till bottoms are lightly browned. Add the ⅔ cup water. Cover; cook 10 minutes. Uncover; cook 2 to 3 minutes or till all water evaporates. Add *1 tablespoon* cooking oil; gently tilt pan to coat skillet. Cook, uncovered, 1 minute more. Using a wide spatula carefully remove from pan. Keep warm while cooking remaining dumplings. Serve with dipping sauce. Makes 40. ■





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A GUIDE TO America's favorite cruises

By Barbara Humeston

Even if you've never considered a vacation at sea, it's time to take stock of the possibilities. No longer are cruise ships loaded to the gunwales with elderly passengers who spend days bundled up in deck chairs and evenings huddled around bridge tables. Cruising today has a new image. As a result, business is booming, and a new wave of vacationers is going out to sea.

What's the big attraction? Well, for one thing, many cruise ships are abandoning strict formality in favor of friendlier, more casual fun. That makes holidays at sea excellent candidates for family vacations.

What's even better, the spectrum of sailings has never been broader. There are cruises to suit most budgets and vacation schedules, a selection of ships sailing nearly every sea, plus special enticements to make cruising more appealing than ever.

But the very variety of vessels, itineraries, and such that helped turn the tide toward shipboard vacations become real bugaboos when you're planning a cruise. To help steer you to the likeliest possibilities, we checked with cruise lines about the voyages that are the most popular with their passengers. We focused primarily on shorter, less expensive ocean cruises from North American ports. Then we double-checked several ships ourselves and even put out to sea. Here's what we found out about the cruises most vacationers like best and how you can pick one that's sure to be a favorite with your family.

Likely candidates for holidays at sea

Deciding where to cruise isn't too difficult if you narrow the choices down to the five favorite cruise territories off the coasts. The one you pick depends on the time and money you have to spend, and where and when you want to vacation.

● For cruising year-round, no coastal waters can top the Caribbean. Temperatures are always balmy there, and seas are usually calm. Also, you can sail from any of an assortment of convenient home ports—like Miami's Dodge Island; Port Everglades in Fort Lauderdale, Florida; New Orleans; and San Juan, Puerto Rico.

Three-day to two-week itineraries are offered by ships of over a dozen different cruise lines. Royal Caribbean, Norwegian Caribbean, Carnival, Commodore, Eastern Steamship, Costa, Cunard, Sitmar, Paquet, and Chandris cruise the Caribbean year-round. Norwegian America, Home Lines, Hellenic Mediterranean, Black Sea Shipping Company, Sun Line, Royal Viking, and Holland America switch to this sunny southern sea when temperatures farther north turn chilly.

You'll have a big selection of attractive ports of call, too. Popular cruise

continued

Illustration: She Barger

Photographs: Mike Dieter

stops include San Juan, Puerto Rico; St. Thomas in the Virgin Islands; St. Maarten in the British West Indies; Ocho Rios and Port Antonio on the island of Jamaica; Cap Haitien and Port-au-Prince, Haiti; and the new ports of Puerto Plata and Samana in the Dominican Republic.

- On the other hand, northern climes of Alaska's Inside Passage limit the cruise season there to summers only (May through September). Ships of the Royal Viking Line, Sitmar, Holland America, and Princess Cruises sail north mainly from Los Angeles, San Francisco, and Vancouver. Alaska's Glacier Bay is the turnaround point for these one- to two-week cruises, which feature scenery as spectacular as Scandinavia's fjord country.
- Farther south along the Pacific coast, ships of the Princess and Sitmar lines primarily sail to sunshiny ports like Mazatlan and Puerto Vallarta along the Mexican Riviera. Ships make the seven- to 11-day sailings between Los Angeles and Acapulco fall through spring.
- Ships that cruise from the port of New York ply the Atlantic to Bermuda spring through fall (April through November). Some ships sail on south to the Bahamas and may visit Caribbean ports, too. Major cruise lines include Home Lines and Holland America.

Passengers who choose Bermuda-only itineraries spend two days traveling both to and from New York and four days in port at Bermuda, with their ship as their dockside resort hotel.

- Among popular new cruises are voyages through the Panama Canal. They team up Mexican and Caribbean ports with fascinating daylong transits through the "Big Ditch." The voyages are offered by a variety of cruise lines: Royal Viking, Princess, Sitmar, Royal Cruise, Holland America, Carnival, and Sun Line. Most of these fall-into-spring sailings run ten to 17 days.

You can begin and end your trip at a suit-yourself combination of ports—Los Angeles and San Juan, Acapulco and Aruba, San Francisco and Fort Lauderdale, even Miami and Vancouver (27 to 30 days). Sitmar alone schedules four different itineraries, plus round-trip sailings halfway through the Canal from the Caribbean side.

A ship to suit your vacation style

But the differences in cruises go deeper than itineraries. All those spotless white ships on the horizon aren't alike. Though shipboard life, overall, is more casual than ever, there are cruise liners to suit the style of all kinds of vacationers—sophisticated travelers to "just folks." Norwegian America ships, for example, hold to some of the more formal niceties of cruising, while almost anything goes aboard ships of the Carnival Cruise Lines. It's easy to see why choosing the right ship can make the difference between a super cruise and a flop.

A TRAVEL AGENT'S HELP

A travel agent who specializes in cruises is a good ally. In fact, you can book some cruises only through travel agents. The agent you choose should be a frequent cruise traveler, familiar with a cross section of ships, and able to put you in touch with other cruise travelers who can supply recommendations. If you're in the vicinity of a major port, stop by on sailing day and check out ships there for yourself.

As an extra precaution, find out if the travel agent is bonded by the International Passenger Ship Association or the Pacific Cruise Conference. Cruise lines that belong to these organizations guarantee you'll get the cruise you paid for even if an agent goes broke before the line gets your money. All you need is the agent's receipt.

Be frank with the travel agent about your cruise expectations. Are you looking for a true luxury ship or would you settle for less "posh" and a lower price? Do you prefer a comfortable, tried and true old vessel or a shiny new ship? Are double knits and sports coats more your style than gold lamé and dinner jackets? Do you expect to be pampered with meticulous service? Do you like bustling crowds or smaller, more intimate groups?

The nationality of the ship's crew helps set the style on board. On ships of the Paquet cruise line, for instance, the accent is decidedly French. Costa Cruises and Sitmar feature Italian crews and ambience; Sun Line ships boast Greek crews and atmosphere. English customs and courtesies are delightfully evident on ships of the Cunard line.

Many ships, however, are a hybrid mix of nationalities and atmosphere. Holland America ships sail with Dutch officers and Indonesian staffs. Royal Viking officers are Norwegian, but the staffs are a mix of some 20 different European nationalities.

Size is an obvious difference among ships. Most short-range cruise vessels

continued



Panama Canal cruises: a new wave in vacations



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run 15,000 to 22,000 tons and carry 500 to 800 passengers. Larger ships may have been converted into cruise liners from transatlantic carriers. While larger ships obviously offer more space, smaller ships especially designed for cruising—like those of the Royal Caribbean Line—are laid out so well that they seem much bigger than they are.

Generally, the larger the ship, the more passengers it carries—which can be a plus or minus, depending on your point of view. But there are exceptions. Royal Viking, for instance, operates a trio of 22,000-ton cruise liners which accommodate 500 passengers each. On the other hand, the four 15,000- to 17,000-ton ships of the Norwegian Caribbean Lines carry 700 to 800 vacationers each.

There's not much connection between a ship's size and the length of the cruise. In fact, some of the largest ships afloat are scheduled for sailings of one week or less, including Carnival's new *Festivale* and Eastern Steamship's *Emerald Seas*.

A SHIPLOAD OF ACTIVITIES

You can learn a lot by comparing the capacity of so-called public rooms—nightclubs, casinos, lounges, dining rooms, etc.—with the passenger count. Will there be one or two seatings at mealtime? How fast will you have to scramble to get a seat for the nightclub show? Will you have to wait for a turn on the dance floor?

There's more to do on cruise ships than ever before. During days when the ship isn't in port, the staff sees to it that you're as happily occupied as you like. By about 10 a.m., activities are in full swing. You might join early risers for exercises on the deck, practice the latest steps in dance class, test your skill in a chess tourney, crash a singles get-acquainted bash or join a quieter grandparents' get-together, slam golf balls or shoot skeet into the sea, and then wind up the afternoon over a cup of tea with new friends.

But if that kind of schedule sounds too hectic or frivolous, opt for a lazy day poolside or retreat to a secluded deck chair with a favorite book and just watch the sea splash by.

Though nighttime diversions vary from one ship to the next, every night at sea can be a night on the town. You can count on nightclub-style entertainment in the showroom, but performances may run the gamut from less than mediocre to top-notch. Holland America, for example, specializes in "name" entertainment on several of its cruises. Norwegian Caribbean and Royal Caribbean even shuttle entertainers between ships so passengers see something different every night.

There's sure to be live dance music in a lounge or two. Loud, lively discos are recent additions on many ships. Most ships feature theaters showing first-run flicks. Some offer full casinos where you can court "Lady Luck."

ACCOMMODATIONS AND SUCH

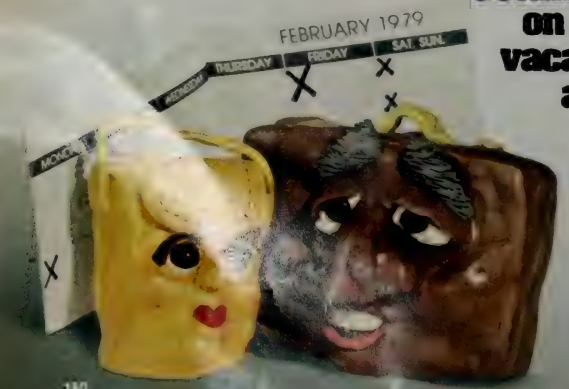
Accommodations differ from ship to ship, too. Some ships, like those of the Sitmar line and Princess Cruises' *Island Princess* and *Pacific Princess*, specialize in spacious staterooms; others scrimp on cabin space to provide extra large public rooms or just to pack more passengers onboard. Nearly all cabins on Royal Viking ships have ocean views. Costa Cruises' *Daphne* is one of the few ships afloat with a full bath in every cabin. A few ships even feature closed-circuit TV in staterooms.

Amenities—berths or beds, bathtubs or showers, etc.—are indicated in the ship's deck plan. But be skeptical about spacious-looking staterooms pictured in cruise brochures. Wide-angle-lens photography can be misleading. The number of closets and chairs per cabin are good clues to size.

To get an idea of the kind of service you can expect, compare the size of the ship's crew (about 75 percent will be service personnel) with the number of passengers. Generally speaking, the bigger the service staff, the better the service. Another plus is a staff that's fluent in English. Some ships also professionally train service personnel.

Once you could take gourmet dining for granted on cruise ships, but that's no longer the case. You can still eat around the clock—breakfast to late-night buffet, with a couple of several-course meals and snacks in between. But the emphasis on some ships has slipped from quality to quantity. Lunch may consist of hamburgers and hot dogs instead of a luscious salad and sandwich buffet on the sundeck, and dinner may feature generous portions of familiar down-home dishes rather than exotic culinary delights.

In some galleys, the ship's own chef and kitchen crew have been replaced by contracted caterers. They proudly rise to the occasion aboard some vessels, but on a few others, the fare is decidedly below par.



Setting sail on mini-vacations at sea

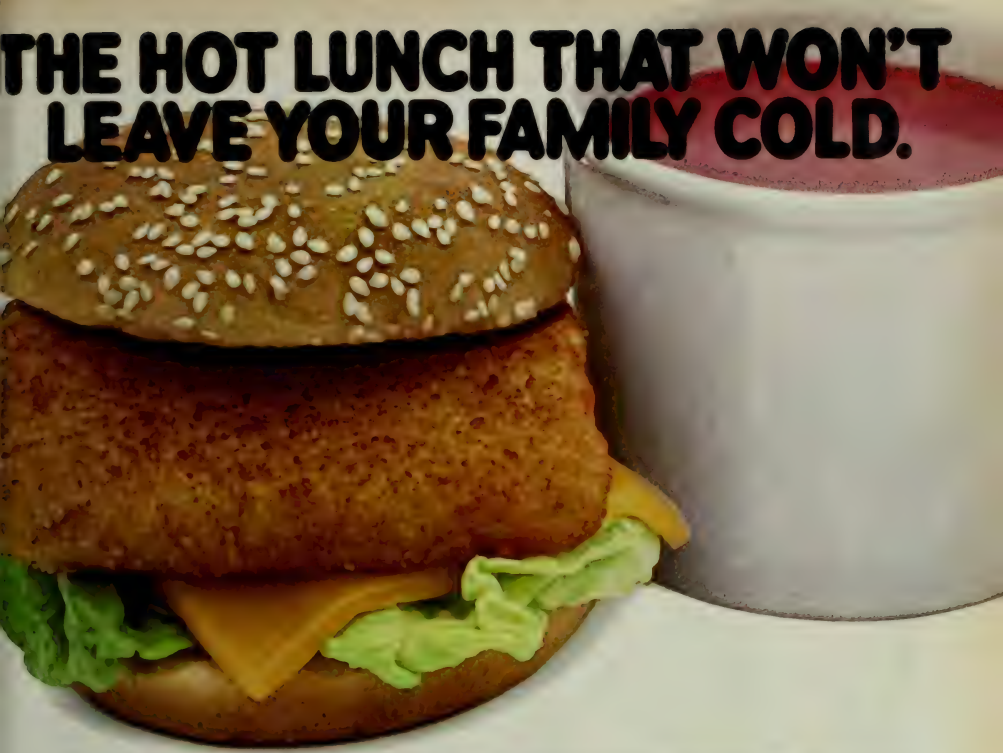
New generation of popular short cruises

Two weeks at sea has become the maximum for most coastal cruises these days, and even shorter sailings are on the upswing. In fact, one-week voyages have taken over the top spot in popularity, with three- and four-day cruises gaining fans.

You can book popular voyages of one week—or less—off all the coasts: in the Caribbean, the Atlantic, and the Pacific. Most one-week cruises head out to sea and return to port on Saturdays, though some sail Sunday to Sunday.

continued

THE HOT LUNCH THAT WON'T LEAVE YOUR FAMILY COLD.



Bring your family in from the cold. Serve them a hot lunch with Mrs. Paul's Breaded or Light Batter Fish Fillets on a toasted roll.

They're the perfect size and shape for a sandwich. Add a slice of cheese and you've got a lunch that's sure to warm up your family.

And to warm 'em up a little more, pour a steaming mug of soup. Because when the chill's on outside, nothing takes care of it like a hot, nutritious lunch.

(Pound for pound, fish has more protein than most cold cuts. And that's no baloney.)

Like all Mrs. Paul's products, our fillets are made with only natural ingredients so you'll feel good about serving them to your family. We list everything we use right on the package. After all, Mrs. Paul's is a family concern that's concerned about you and your family.

Mrs. Paul's Breaded and Light Batter Fish Fillets. A good hot lunch idea that everyone will warm up to.



SAVE 15¢ ON ANY SIZE MRS. PAUL'S BREADED OR LIGHT BATTER FISH FILLETS.



NOTICE TO GROCER: For each coupon you accept as our authorized agent, we will pay you face value, plus 5¢ for handling, provided you and your customer have complied with the terms of this offer. This coupon is good only when redeemed by you from a consumer at time of purchasing specified products. This coupon is non-assignable. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. (Failure to comply may void all coupons submitted for redemption.) The consumer must pay any sales tax. Void if prohibited by law, taxed or restricted. Cash value 1/20 of 1¢. Send to Mrs. Paul's Kitchens, P.O. Box 1725, Clinton, Iowa 52734. Expires August 31, 1979. BHG 2/79

Mrs. Paul's®

STORE COUPON



Charting your course among air/sea holidays

Now that San Juan has developed into a first-class home base for cruise ships, you can visit new ports never included in one-week voyages before—like St. Lucia, Barbados, Grenada, Trinidad, La Guaira (Caracas, Venezuela), and Aruba. Costa, Chandris, Sun Line, Princess, and Cunard lines make one-week sailings from San Juan.

Three or four ports of call is standard for one-week cruises. If there are more stops than that, you don't have time left over to enjoy being at sea. Also, if a ship schedules less than about six hours in a port, you won't be able to see or do much of anything. But even six or eight hours in port is bound to be disappointing if your ship drops anchor at midnight.

NIFTY SHORT CRUISES

The Bahamas are the realm for three- and four-day mini-cruises. You can weigh anchor for Nassau and/or Freeport on Mondays and Fridays aboard ships of the Costa, Norwegian Caribbean, Paquet, and Eastern Steamship lines. Norwegian Caribbean's *Sunward II* specializes in cruises to the Bahama Out Islands.

These brief getaways are just the thing for sampling what cruising is all about, especially if your time and budget are limited. Passengers on shorter cruises tend to be younger, less sophisticated, and less affluent than passengers on longer voyages.

Flexible air/sea cruise possibilities

Air/sea packages are the most popular offshoot of cruising to date. They enable you to fly from major cities all over the country to cruise ports all over the world. Your air fare is partially subsidized—sometimes paid in full—by the cruise line. Thanks to air/sea programs, landlocked Midwesterners can take their pick of cruising waters off all the coasts. Westerners can cruise in the Caribbean, to Bermuda, or along Mexico's east coast; Easterners can catch ships sailing to Alaska, along the Mexican Riviera, and in the Caribbean.

OVERSEAS ODYSSEYS

Vacationers also can enjoy short, reasonably priced legs of overseas voyages—to Europe, the South Pacific, and the Mediterranean—with air/sea plans. For example, there are 23 different air/sea segments sold on the 80-day world cruise aboard Cunard's *Queen Elizabeth II*. Norwegian America offers two-week European fly/cruises that include round-trip air fare between several U.S. cities and London or Milan. Delta Steamship Lines' combination passenger/cargo liners sell three- to 34-day legs of their 55-day South American circle voyages. Or you can take a 12-day cruise in the Mediterranean aboard Royal Cruise Line's *Golden Odyssey* that includes round-trip air fare to Athens.

OPTIONS AND RESTRICTIONS

Air/sea packages go by different names—Cloud 9, Fly Aweigh, Fare-Saver, etc.—depending upon the cruise line. Some flights are booked on charter carriers, others on regularly scheduled airlines. The latter give more flexibility in choosing flight times and scheduling stopovers—say New Orleans or Disney World en route to Miami—and layovers in port cities. On charters, of course, you fly with a group, leaving at a set time.

How much will you save with an air/sea plan? That depends on what ship you sail and when and where; the length of your cruise; and the type of accommodations you buy.

Cruise lines will kick in more toward your air fare when demand is lowest. They may reduce or eliminate air/sea options altogether during peak cruising times—especially Christmas, New Year's, and Easter holidays.

Generally, air fare discounts and/or the number of airport cities to which they apply increase with the length of the cruise. Passengers booking two-week cruises with the Royal Caribbean Line pay just $30 of the round-trip air fare to Miami from Atlanta and New Orleans; $50 from Memphis and Charlotte; $75 from some 20 other cities, like Chicago, New York, and Houston; $100 from Phoenix and four other western cities; and $175 from Portland, Seattle, and Vancouver. Air fare prices for one-week cruises with the same Line range from $75 from Atlanta and New Orleans up to $295 from Portland, Seattle, and Vancouver. You pay your own expenses between home and the nearest eligible airport.

Other cruise lines offer air/sea plans that may be simpler and save you more. Passengers who board Commodore ships for seven-day cruises get half the lowest round-trip air fare free to Miami from any city in the continental U.S. And Carnival offers a similar deal from about 90 cities.

Air fare subsidies usually don't ap-

continued

Cheery, cherry and easy as pie.

Because you don't have to bake it to make it.

Company coming, so of course dessert just has to be homemade cherry cheese pie. So elegant... and so delicious.

The Eagle® Brand Sweetened Condensed Milk gives your pie a delectable smoothness. The magic of ReaLemon® Reconstituted Lemon Juice makes your pie filling thicken without cooking. And Johnston's® ready to Fill 'n' Eat graham cracker Ready-Crust® makes it so easy to put your dessert on the table in no time.

Let the rich and creamy smoothness of homemade cherry cheese pie spread the good cheer tonight. Your guests and family will love it. You'll love the easy-as-pie recipe below.



DISCOVER DOZENS OF OTHER DELICIOUS IDEAS IN THESE RECIPE BOOKLETS:

"They'll Love It!" (Eagle Brand-50¢)
P.O. Box 775
Young America, MN 55399

"Anything You Like Can Be Pie" (Ready-Crust-25¢)
P.O. Box 868, Dept. CCP
Mundelein, IL 60060

"Create A Difference" (ReaLemon-50¢)
P.O. Box 775
Young America, MN 55399

BORDEN®

Johnston's® "the Dessert People's"

Cheery Cherry Cheese Pie (Makes 1 pie)

- **1 (8-ounce) package cream cheese, softened**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk**
- **1/3 cup ReaLemon® Reconstituted Lemon Juice**
- **1 teaspoon vanilla extract**
- **1 Johnston's® graham cracker Ready-Crust® pie crust**
- **Canned cherry pie filling, chilled**

In medium bowl, beat cheese until light and fluffy. Add sweetened condensed milk; blend thoroughly. Stir in ReaLemon and vanilla. Pour into crust. Chill 3 hours or until set. Top with desired amount of pie filling before serving. Refrigerate leftovers.







ply when you buy minimum-priced cabins. Sitmar, however, offers free round-trip air fare from 130 cities to ports of departure for 14-day trans-Panama Canal cruises, regardless of cabin price.

It's smart to compare air/sea flight allowances with the lowest air fare between your hometown and the cruise port. With the reductions in air fares on some major routes, you may be able to save money by booking a low-priced cabin and then buying the cheapest plane ticket (night coach, for example) to the port of departure on your own. You can make the arrangements yourself or through a travel agent.

Be sure to make your cruise reservations early—six months in advance, if possible—particularly if you're considering an air/sea plan. There may be only a limited number of air/sea spaces available on particular ships from each designated airport. Early reservations also guarantee a choice of staterooms.

EXTRA AIR/SEA FEATURES

Since there are lots of air/sea possibilities, check out all the options before finalizing your plans. One package might fly you to a port city the day before sailing and put you up in a hotel for the night. Another could get you directly to the ship the day it sails at a lower price, or provide a "day room" at a local hotel so you can rest up before boarding ship.

Some plans include stopovers en route and/or land packages that allow you to continue your vacation in popular port cities or stay over at ports of call. An eight-day air/sea leg of a 14-day Norwegian America Caribbean/South America cruise includes an overnight stay on the island of Barbados. On Norwegian Caribbean Lines, you can team up a one-week Caribbean cruise with a seven-day stay at a Jamaican resort.

Several cruise lines subsidize rail or bus travel to ports of departure, too. Others give cruise discounts to vacationers who reach ships on their own.

Pricing your packaged vacation at sea

Cruises come close to being the perfect packaged vacation. Transportation, accommodations, entertainment, meals, and most shipboard recreation are figured into one price. And once aboard, you won't have to fuss about checking in and out of hotels, locating good restaurants, making travel connections, or fighting traffic. There's the advantage, too, of hassle-free visits to often exotic destinations.

About $85 to $125 a day per person should put you in a comfortable cabin aboard most ships offering coastal cruises of two weeks or less. The exact price mostly depends on the time of year you travel and your stateroom.

VARIABLES IN THE FARE

Cruise fares are lowest during spring and fall. Rates are highest December through March—especially holiday periods during that time—followed by midsummer sailings.

The higher the deck, the higher the cabin rate; outside staterooms cost more than inside cabins. Midship staterooms are priced higher than those fore and aft, and you'll pay a premium for deluxe rooms and suites anywhere.

Cabins midship on the lowest passenger deck are the stablest against sea motion. Avoid vibrating staterooms above the ship's engines. Despite all the talk about modern stabilizers to minimize motion onboard ship, queasy stomachs aren't unusual the first day or so at sea. (The ship's doctor and purser stock pills that will help.)

You'll probably want accommodations off the main corridor, too, away from noise centers like the dining room and galley. Sometimes a few dollars can make a big difference in comfort.

Lower priced accommodations, on the other hand, can be good buys. You probably won't spend much time in your cabin anyway, and you'll have the run of the ship regardless of the rate. Only a few cabins on most ships, however, go for the bottom price listed in cruise brochures, and they sell out fast.

INCIDENTAL TO THE PRICE

Though you'll have a good idea of what your cruise will cost before you walk up the gangplank, don't overlook incidentals not included in the price—port taxes (which are added on when you buy your ticket), sight-seeing excursions at ports of call, tips, and bar bills. These extras can easily add up to another $100 or more per person each week you're at sea.

A word of caution about sight-seeing excursions: Not all of these trips are worth the money (usually $10 to $20 each). You may be happier exploring on your own or even staying on board and enjoying the solitude.

Tips and gratuities usually amount to $4 to $5 per person a day, divided between your cabin steward, dining room waiter, and busboy. Add another 15 percent of whatever you spend with other ship personnel who provide special services.

COST-CUTTING MEASURES

You can help keep cruise costs in line by planning ahead and staying flexible. Sometimes cruise lines are so anxious to get early bookings that they offer "sale" prices on certain voyages for a limited time. And sometimes you can get up to 25 percent off regular

continued



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Now. It's a satisfying decision.



Like many people you may recently have switched to a lower tar cigarette, with milder flavor.

But as your tastes have changed, you may have found yourself reaching for a cigarette even lower in tar. An ultra-low tar alternative that satisfies your new tastes in smoking.

Then the decision is Now.

Now has only 2 mg. tar. And bear this in mind: today's Now has the most satisfying taste in any cigarette so low in tar.



Now

Only 2 mg tar. Significantly lower than 98% of all cigarettes sold.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER, MENTHOL: 2 mg. "tar", .2 mg. nicotine av. per cigarette by FTC method.

fares on cruises that aren't fully booked close to sailing time.

If all minimum-priced cabins are sold out when you book your cruise, ask to be "wait listed" for minimum-priced space. Then, if there's a last-minute cancellation, you might be assigned a low-priced stateroom or get a minimum price on better accommodations that weren't sold out. Ask a travel agent about cruise lines that offer TBA (To Be Assigned) fares.

A few lines book passengers on so-called "repositioning" cruises, when their ships change ports with the seasons. These cruises may include fewer ports than regular sailings and you won't end up at the port you started out from, but they can be good buys.

SAVVY SAILING PROTECTION

Since you pay for your cruise in full before sailing (usually 30 to 45 days in advance, with 25 percent down at the time you make your reservation), ships boarding passengers in the U.S. are bonded to give travelers some protection against losing their money. This bonding system doesn't apply to Americans boarding ships in foreign ports, so be sure you're dealing with a reputable travel agent and cruise line.

Cancellation policies vary, but generally if you change your plans more than 30 days before departure, you'll get a full refund. If you cancel out closer to sailing time, chances are you'll lose at least some of your money (depending on whether your cabin can be resold).

Make sure you understand cancellation terms before you buy. Then, if you must cancel out, notify the cruise line by certified mail and request a signed return receipt. If you miss your ship or for some reason don't finish the voyage, you forfeit your fare.

SHIPPING OUT WITH THE KIDS

Most cruise lines offer reduced rates for children when they stay in the same cabin with their parents. And kids, as a rule, enjoy cruising, so don't hesitate to take them along.

Most ships are especially geared to youngsters during holidays and in summer. You can check out deck plans for special facilities, like game rooms, kiddie pools, soda bars, teen discos, supervised playrooms, and nurseries. Some ships also provide baby-sitters for reasonable fees.

Children's rates depend upon the cruise line. But fares on some ships are so reasonable you can't afford to leave the kids home. Sitmar allows the third and fourth persons ages two to 18 to travel in any double cabin at 35 percent of the minimum adult double rate. Carnival charges $95 per week for youngsters through age 16. Commodore charges $125 per week for kids; Norwegian Caribbean charges $175. Princess and Costa allow children under age 12 to travel at half the minimum adult rate. Unfortunately, most air/sea package discounts don't apply to youngsters.

Cruise holidays with a theme

The phenomenon called theme cruises arrived on the scene several years ago, as a way of offering "a little something extra" to passengers. The idea caught on, and every year cruise lines design dozens of voyages to woo vacationers with special interests such as classical music, jazz, old films, science fiction, dance, gourmet cooking, astronomy, golf, bridge, investing, writing, etc.

If you're looking for compatible shipmates, you'll find them on a theme cruise. Getting acquainted is easy because the passengers have something in common. And there's usually the bonus of mingling with performers and/or experts in the subject area of the cruise. Themed voyages generally are priced the same as comparable unthemed sailings.

A theme cruise pioneer, Commodore, offers "Queen of the Ball" voyages in the Caribbean, complete with big band sounds, dance instruction, and contests with prizes. Commodore also features Oktoberfest and Mayfest voyages and, along with Carras and Costa lines, hosts special wine cruises. Another popular Costa cruise is themed to Italian cooking.

Among topics on tap for Norwegian America's special interest sailings this year are photography, backgammon, publishing, and fitness. Try Holland America's *Rotterdam* if your passion is jazz, big bands, country western sounds, or nostalgia.

A good travel agent can supply a complete rundown of theme cruises.

For more information about cruising, write for the booklet *Is Cruising Really for Me?* It's available free from the Cruise Lines International Association, 311 California Street, San Francisco, California 94104. ■



Puss'n Boots® introduces almon Flavor and Fisherman's Platter.



Two new Moist Meals for the fisherman in every cat.

No matter how good a fisherman your cat is, he couldn't catch a better meal than new Moist Meals Salmon Flavor or Fisherman's Platter (a delectable blend of Fish, Tuna, and Shrimp flavors).

Moist Meals alone has 100% of the nutrition your cat needs. Plus, every portion has a delicious bonus nugget of liver, egg, cheese and vitamins for extra nutrition.

And you get a bonus, too. The coupon.

Moist Meals from Puss'n Boots. Because your cat really has only one life.



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15¢ **15¢ off new Salmon Flavor or Fisherman's Platter.** **15¢**

Grocer: As our agent you may accept this coupon from retail customers. IF YOU RECEIVE IT ON SALE OF THE SPECIFIED PRODUCT, WE WILL REIMBURSE YOU FOR THE FACE VALUE OF THIS COUPON PLUS 5¢ FOR HANDLING. ANY OTHER USE MAY CONSTITUTE FRAUD. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted or wherever prohibited by law. Consumer must pay any sales tax. OFFER LIMITED TO ONE COUPON PER PACKAGE. Send to the Quaker Oats Company, P.O. Box 4106, Oak Park, Illinois 60303. OFFER EXPIRES November 30, 1979.



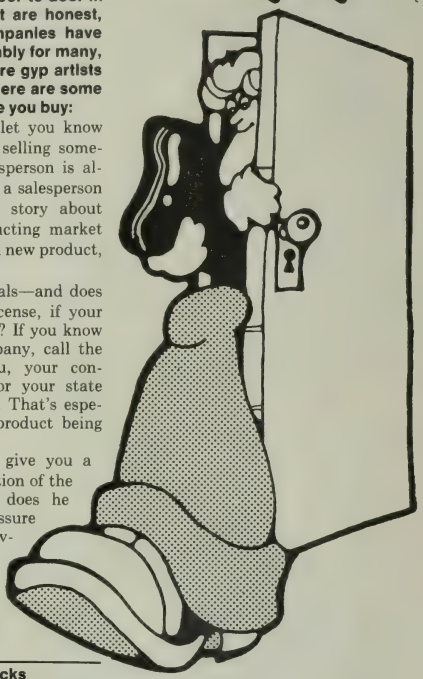
STORE COUPON

15¢

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How to deal with door-to-door salespeople

Approximately three million salesmen and -women sell door to door in the United States. Most are honest, and some of their companies have been in business honorably for many, many years. But there are gyp artists and fly-by-nights, too. Here are some things to consider before you buy:



- Does the salesperson let you know immediately that he is selling something? A bona fide salesperson is always open and direct. If a salesperson gives you an elaborate story about making a survey, conducting market research, or advertising a new product, you should be on guard.
- What are his credentials—and does he have a municipal license, if your community requires one? If you know nothing about the company, call the Better Business Bureau, your consumer affairs agency, or your state attorney general's office. That's especially advisable if the product being sold is expensive.
- Does the salesperson give you a clear, believable description of the product or service, or does he launch into a high-pressure pitch, laced with extravagant claims? Does he offer unhedged answers about prices, guarantees, and quality? If he's vague on any of these points, be wary.

Glaring gimmicks

Also watch out for any of these sales ploys. They're bound to mean trouble:

- *Contest winner.* "You've just won a contest, and you're entitled to a discount off our regular price."
- *You're "specially selected."* "You're a key person in the community," you're told, "and we'd like to place our product in your home where it can be displayed to your neighbors."
- *Too-good-to-be-true discount.* "The regular price is $97.50, but we'll let you have it for $35 because we only have a few left."
- *Referral sales.* "This item won't cost you a penny. Just give us the names of 12 of your friends and we'll give you a nice commission from your own purchase price so that after a few sales you'll have your money back."
- *Free gift.* "No strings. You don't have to buy a thing. Just allow me to demonstrate this fine new product."
- *Sympathy.* The "cripple" on crutches who struggles to your door with his wares, the "deaf mute" who hands you a card with a sales pitch, the canvasser who is selling shoddy merchandise for a "charity"—most are phony.
- *Scare tactics.* Really shady operators sometimes even pose as city inspectors. They'll tell you, for example, that your furnace is about to explode, or your electrical wiring is a fire hazard, or termites are devouring your house. Reputable contractors rarely solicit business house to house.
- *Educational adviser.* Usually he turns out to be a salesman of encyclopedias, book sets, magazines, or teaching machines.

Contract escape valves

Don't sign a "delivery receipt" or "routine form" without examining it carefully. That innocent-looking piece of paper may be an iron-clad contract.

An honest salesman won't try to hurry you into signing. He'll be willing to wait until you and your spouse have time to study any contract. Take that time. If there's anything you don't understand, consult a lawyer first.

Also, make sure all statements made by the salesman about guarantees and other provisions are in the contract, and see that all blank spaces are filled in and that you have an identical copy for yourself.

If you fall into a bad contract, recent laws may rescue you. Under Federal Trade Commission rules you have three days in which to change your mind and cancel any contract for more than $25 made with a door-to-door salesperson. That cancellation privilege must be stated in the contract.

If the transaction involves a lien on your house, the federal Consumer Protection Act also gives you the right to cancel within three days. In addition, more than 35 states now have laws that allow contract cancellation privileges. Provisions vary, so check your attorney general's office.

Sensible self-protection

Some final tips:

- Don't allow yourself to be rushed into buying. Despite what the salesperson tells you, you'll most certainly be able to purchase the item elsewhere and at a similar or lower price.
- Before buying, get in writing the full price plus all details of carrying, shipping, and other charges. Compare all costs and quality with offers from regular local dealers.
- Don't pay cash. Make your check payable to the company, not the salesperson. Get a receipt. Be very suspicious of requests for full payment in advance. Unless you know the salesperson or his company, don't even put down a deposit.
- Be careful about accepting items to be left with you on approval. The receipt you sign may be a binding agreement to buy.
- If you have complaints, inform your local consumer affairs agency, the Better Business Bureau, your state attorney general, or the Direct Selling Association, 1730 M Street NW, Washington, D.C. 20036. ■

FLAVOR SAVER COOKING®

How Reynolds Brown-In-Bag puts extra helpings of taste into hearty, nutritious meals.



Old fashioned moist heat cookery is the secret flavor ingredient when you cook with Reynolds Brown-In-Bag. Natural juices stay in foods as the versatile bag helps keep out drying oven air. Meats, fish and vegetables baste themselves while cooking right in the bag. Then you serve dishes at their juiciest, most flavorful best. And when the meal is over, there is no drudgery of pots, pans or oven walls to clean.

IDEAL FOR MICROWAVE OVENS, TOO.

Reynolds Brown-In-Bag helps prevent foods from drying out in your microwave oven. Foods stay juicy without spattering oven walls so you won't waste time cleaning up.

AUSAGE STUFFED SQUASH



- 3 small acorn squash
- 1 cup cornbread stuffing mix
- ¼ cup water
- 1 egg
- 1 package (8 oz.) fully cooked sausage links, cut in ¾-inch pieces
- ½ cup coarsely chopped unpeeled apples
- 3 tablespoons raisins
- 2 tablespoons chopped celery
- 1 tablespoon snipped parsley
- 2 tablespoons finely chopped onion

reheat oven to 350°F. Place large size (14" x 20") rown-In-Bag in 13 x 9 x 2-inch baking dish. Wash quash and cut in half crosswise; remove seeds. Combine emaining ingredients. Stuff squash with dressing and lace in bag. Close bag with twist tie; make 6 half-inch lits in top. Bake 45 to 55 minutes or until squash is tender. For microwave cooking, close bag with string, set ven on high power and cook 14 to 16 minutes turning ish periodically. Makes 6 servings.

More recipes are in the new Brown-In-Bag cookbook...now with microwave cooking times, too. To receive our new 40-page Brown-In-Bag Cookbook, send 25¢ in coin (no checks, please) to cover handling and mailing, along with your name and address to Reynolds Brown-In-Bag Flavor Saver Cookbook, P.O. Box 6704, Richmond, Virginia 23230.

REYNOLDS BROWN-IN-BAG®



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15¢ OFF

Regular price of any size Reynolds Brown-In-Bag

TO THE DEALER: For each 15¢ coupon you accept as our authorized agent on the purchase by a consumer of the specified products, we will pay you 15¢ plus 5¢ handling charges, provided you and your customer have complied with the terms of this offer; any other application consititutes FRAUD. Coupon may not be assigned or transferred by you. Void when presented by outside agency, broker or institutional user or where prohibited, taxed or otherwise restricted. Your customer must pay any sales tax. Invoices showing your purchase of sufficient stock to cover coupons presented must be shown on request. Cash redemption value, 1/20 of 1¢. Good only in U.S.A. Send to Nielsen Coupon Clearinghouse, Box #1775, Clinton, Iowa 52734.



B5719-BH

15¢ This offer expires on December 31, 1980. 15¢

Limit one coupon per purchase.

Reynolds Brown-In-Bag is Available in Regular, Large and Turkey Sizes.

Wood at Work

Wood is a natural for lawns and gardens. The rough texture and rich color of unfinished wood make greenery look its greenest. And wood is as functional as it is decorative. You can use simple wood structures to screen undesirable views or provide privacy for an outdoor living area, to hold up slopes, to define planting areas, and to corral footloose animals and children (or to keep them out).



Photographs: Bill Maris. Landscape designer: Atlantic Nurseries. Source: Bonnie Maharam

You can keep a sloping area from eroding by building a retaining wall. This one consists of peeled locust logs that have been treated with creosote for protection against weather and termites. The angled design provides more support than a straight wall, and also forms planting pockets to highlight favorites such as the clump of daylilies just starting to bloom in the pocket at near left.



To relieve the monotony of a long walk, edge part of it with sections of railroad ties, set on end. Vary the heights to add more interest, and bury the bottoms of the ties. Here, the ties outline a planting area and deter shortcuts through the bed and across the lawn. The rough-sawn wood complements the young evergreens.



Highlight a corner with a railroad-tie sculpture, such as this one where a brick patio meets a planting bed. The aboveground sections range in height from 12 inches to 2½ feet. Set a shallow container of water on the top post if you want to attract birds. Empty and refill the birdbath with fresh water daily. ■



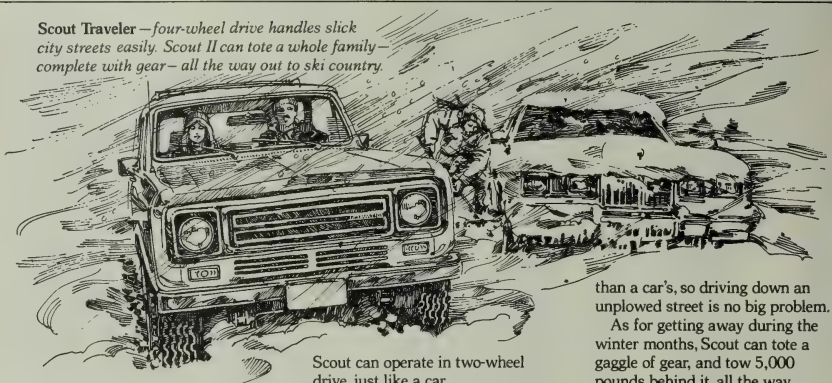
The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.

Today's asphalt roofing shingles are among the finest products made in America. Some are made with a fiberglass base. All are handsome, durable, economical, and highly fire-resistant. And you have a wide spectrum to choose from, in a palette of colors to complement your home's exterior. Wherever you live in the West, today's roofing shingles fit in with any setting or architectural idea. Use them when building or remodeling.

Asphalt Roofing Manufacturers Association

414 Jackson Square, San Francisco, CA 94111.

A CAR CAN BARELY DEFEND ITSELF AGAINST WINTER. SCOUT® FIGHTS BACK.



Scout Traveler—*four-wheel drive handles slick city streets easily. Scout II can tote a whole family—complete with gear—all the way out to ski country.*

In fact, International® Scout handles bad weather almost as easily as a car handles good weather.

That's because a Scout rolls off the assembly line equipped for all 12 months, not just 8 of them.

Easy going when snow is hubcap deep. Scout's four-wheel drive provides something cars cannot; pull from front wheels and push from rear. In snow, traction from four wheels is more efficient than two; when not necessary, Scout can operate in two-wheel drive, just like a car.

Handling winter's little surprises. Rude surprises—like rocks hidden under the snow—jolt a car.

Scout counter-attacks. With a rugged full-length steel box frame; long leaf springs; thick shock absorbers; truck-like axles.

A few other thoughtful touches. Scout's undercarriage is built higher than a car's, so driving down an unplowed street is no big problem.

As for getting away during the winter months, Scout can tote a gaggle of gear, and tow 5,000 pounds behind it, all the way through February. And that's any Scout: Scout® II, Traveler,® SS II, Terra.®

If you really want to give Scout a tough test, visit your International Harvester Scout dealer and take a test drive after the first snowfall.

INTERNATIONAL HARVESTER

SCOUT.®

Anything less is just a car.





Finish-It-Yourself House™

THE HOME YOU WANT—AT A PRICE YOU CAN AFFORD

Finish-It-Yourself means savings. By doing the finishing work on your new dream home, *you can save thousands compared to having an ordinary builder construct the same house on your lot.* Capp Homes contain top quality construction materials and are custom-built by skilled craftsmen. The result is a home you'll take pride in for years to come. Here's how it works.

YOU DECIDE WHERE TO LIVE

First, select a nice piece of property in an area where you'd like to live. If you already own a building lot, you're a step ahead.

CUSTOM DESIGN YOUR FLOOR PLANS

We can build from your ideas, sketches and plans. Or you can customize any one of our many home designs. Either way, your home will be completely personalized.

SELECT YOUR OWN FEATURES

Capp provides top quality materials to complete your custom home. You select your materials—from roofing and siding to heating and electrical systems. Plus all the finishing touches with lighting fixtures, floor coverings, kitchen cabinets and bathroom accessories. They're all included in the price.

WHAT WE DO

Capp custom-builds your home on your foundation, using top quality lumber, full ply sub-floors, multi-pane windows and insulated exterior doors. Your home is enclosed, weather-tight and ready for you to finish.

WHAT YOU DO

You decide which finishing jobs you want to do and hire local tradesmen for the rest. Most Capp customers do their own plumbing, wiring and heating installation, with the help of friends and the Capp Finishing Manual. Even if you need outside help, you'll save by eliminating the middleman. *Remember, the more you do, the more you save.*

MORTGAGE MONEY IS AVAILABLE

Capp offers various financing programs, including short-term construction loans as well as permanent long term mortgages. Capp financing is available for qualified customers at competitive interest rates. Or, if you prefer, you may contact your local lender for some or all your financing needs. Either way, your Capp Representative can help.

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Discover more about the Capp Finish-It-Yourself House with our new, 100-page Home Planning Guide. For your copy, send the coupon below.

Prices range from $22,500 to $75,000 and up*

*Prices shown are for the house semi-constructed on the lot and foundation you provide and include the basic materials to finish the interior. State and local taxes, landscaping, septic tanks, sidewalks, masonry, brick, stone and paint are not included.



CAPP HOMES
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MBGM-19

NEW CAPP HOME PLANNING GUIDE

- ☐ Please rush my Home Planning Guide. I've enclosed $2.00 to cover the cost of special handling and fast delivery.
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One Good Taste Deserves Another



Whether you're entertaining the most discriminating of guests or just plain snackin' with the family, Bountiful brand Almonds are a delightful addition to the normal *chips and dips* routine.

Our roasters offer five popular flavors: tantalizing *Hickory Smoke*, subtle *Roasted Salted*, snappy *Barbecue*, robust *Onion-Garlic*, and cheddary *Cheese*, plus the light taste of our *Whole Natural Almonds*.



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A half-new family room

Cashing in on existing porch space is a great way to gain more family living space, and here's the proof.



A



B



C Photographs: Bill Hopkins. Designer: Rick McDermott

Catherine and Les Smith got room for relaxing and entertaining by building a shed-roofed addition to the open porch alongside their house. From the outside you can spot the addition (*photo A*) as well as the now enclosed porch area that was tucked under a second-floor room.

The placement of the addition saved money since the Smiths only needed to add a shed roof. Reusing existing materials also helped hold down expenses. The Smiths reused French doors (*photo C*), which previously had connected their house and porch, to join the patio and addition.

The new shed roof—combined with the flat part of the original porch ceiling—gives the family room a contemporary look. Skylights set into the shed roof bring in plenty of natural light for the plants. Windows along the side and back walls add to the bright look.

The ceiling of the addition is covered with car siding which gives the entire room a cozy feeling. Car siding was also used to box in the beam (*photo C*) where the addition begins. The Smiths personalized their new room with a removable stained-glass window (*photo B*). Since this is their first home and they might be moving someday, they didn't want to install the antique window permanently. A combined heating and cooling unit fits inconspicuously under the stained-glass window.

Mrs. Smith said the whole family is pleased with the new room, and guests move automatically to this spacious and informal area.

The square shape of the room makes furniture arranging easy. Both banks of windows serve nicely as plant shelves, but could double as window seating. By angling one shelf across the corner, the Smiths got a perfect perch for a TV.

Just inside the French doors, there is a tiled entry to stop wet or muddy feet in their tracks. This addition opens conveniently onto the brick patio—creating a nice indoor-outdoor area for entertaining. On the exterior, lap siding blends the addition with the rest of this older stucco house. ■

An announcement from the Colgate-Palmolive laboratories to every woman who cares about her laundry:

After you read this, you may never use your powder or liquid laundry detergent again.

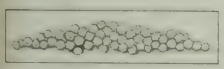
Announcing revolutionary Fresh Start.™ It's not ordinary powder or liquid. It's highly concentrated granules. So concentrated... just ¼ cup cleans your whole washload.



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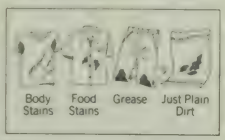
Until now, you used either ordinary powder or liquid laundry detergents, simply because they were your only choices.

Well, now all that is changed. Because now there's new Fresh Start. This revolutionary detergent discovery is truly unique.



Granules. A difference you can see.

Inside Fresh Start's clear plastic bottle are millions of granules. Look very closely because this is not ordinary powder. These tiny blue beads are highly concentrated. In fact, they contain more cleaning ingredients per ounce than the leading powder or liquid detergent.



Why four common laundry soils are so important.

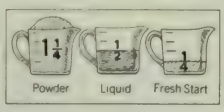
Most every laundry problem you're faced with falls under one of them. Food stains. Grease. Body stains. And just plain dirt.

Obviously, no single product gets every stain out. But Fresh Start's unique formulation is specially designed to work on all four of these common laundry soils. Every single time you do your wash.



What do we mean by the best of powders and liquids?

Powders' strength is getting out dirt and stains. Liquids were created to help remove grease. Fresh Start combines the best dirt and stain-fighting ingredients of powders with the best grease-fighting ingredient of liquids. The fact is, no other laundry detergent gives you this combination in revolutionary highly concentrated granular form.



How can just ¼ cup clean your whole washload?

In a word, concentration. Fresh Start is so highly concentrated, just ¼ cup cleans the whole washload. You may find this slightly astonishing at first. But the fact is, and you'll see first hand, Fresh Start does a big job. What's more, you can use the cap on the Fresh Start bottle to measure that ¼ cup.



Will our bottle outlast their box?

Yes. Size for size, Fresh Start gives you more washes than ordinary powder detergents. We know how important economy is to you these days.

So now that you've read about this remarkable new laundry detergent, there's only one thing for you to do.

You must try Fresh Start. See the difference in the bottle. And then discover the difference in your wash.

We think you'll like Fresh Start. We think you'll like it so much, you may never use your powder or liquid laundry detergent again.

Fresh Start. It's the best of powders and the best of liquids in one.

How a living room blew its top

Most homes have remodeling opportunities that aren't apparent at first glance. In this former duplex, the potential lay overhead, in the seldom-used rooms upstairs.

The ceiling over the living room was removed to create a new two-story space. A bridge now links the master bedroom to what was a front porch for an upstairs apartment, *right.* Lights on the outer wall of the walkway illuminate the living room below. Speakers are recessed into the spaces between supporting joists.

The spectacular fireplace wall, *below,* has been double-glazed top and bottom with fixed-glass windows to fill the room with sunlight. The new wide fireplace is ideally located to take advantage of outside air for combustion—an energy-saving feature you should consider, too. ■





Photographs: E. Alan McGee. Architect: Eugene Surber. Source: Ruth L. Grenet.

Cats crave chicken, tuna and milk.

And cats crave lots and lots of protein.

So if you made a new dry food with everything cats crave, lots of chicken, tuna and milk protein...

What would you call it?



What else?

Available in 22 oz. box, 4 lb. or 8 lb. bags.

© 1979 Kal Kan Foods, Inc.

Good TV spots

A television set needn't upset your room scheme. With a bit of handyman know-how, you can build a TV right into a favorite piece of furniture or a ready-made wall system.



Photographs: Fred Lyon. Design: Nancy Sammann Interiors. Source: Barbara East Cathcart

In this casual living area, an antique pine cupboard stores the family TV. The cabinet is divided into three sections that provide plenty of stowaway space for games and collectibles above and below the television. When the center panel doors are opened, the television screen can be seen from any angle in the room.





Photographs: Mates Serrins. Design: [illegible]. Source: Estelle Bond Gundlach

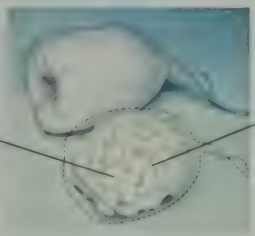
Here a wall of built-ins provides the perfect hiding place for a television set. Although it appears to be built in above a drawer, the set actually rests on a false-front platform that matches the surrounding cabinetry. The wood platform is attached to the base with a ball bearing swivel that allows the set to be rotated for round-the-room viewing. In its recessed position, the TV becomes part of the wall system and all but disappears from the room. ■



New from Procter & Gamble



The only tampon with double-absorbing action.



Sponges to absorb fast.
Rely's sponges expand and absorb almost instantly.
So you're protected from the start.

Super fibers for holding power.
Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

It even absorbs the worry.

If you're worried that maybe your tampon isn't doing its job, you probably aren't using Rely.*

Only Rely gives you double-absorbing action. Because Rely is made a whole new way. Not from compressed cotton and rayon, like other tampons, but from tiny expandable sponges and super-absorbent fibers, all contained within a silky outer covering.

Only sponges absorb like sponges. And Rely's expand to absorb almost instantly. Your own body moisture makes this happen. While the sponges are absorbing, the super-absorbent fibers are drawing the flow out of the sponges and holding it deep inside the tampon. So the sponges can absorb even more. That's what gives you double-absorbing action.

Protection against accidents and tampon by-pass.



Because of its unique construction and super-absorbent materials, Rely fits better than any other tampon. In fact, it gives you superior protection against tampon by-pass, the accident that occurs when your tampon's hardly been used.

Rely expands as soon as you insert it, gently billowing out to a cup-like pillow. It's wide at the top and tapered at the bottom, to allow the vaginal walls to close around it snugly and protect you. If there's no gap for the flow to pass by, there's no tampon by-pass.

Some women find Rely's Regular size so absorbent, they depend on it exclusively. But if you're like most women, Rely Super on heavier days and Regular on lighter days will probably keep you free from worry.

The assurance of comfort.



Just as Rely's expandable sponges fit you gently, they also stay with you. As you move, bend and flex throughout the day, Rely gently bends and flexes with you.

And its smooth plastic inserter with a tapered tip glides in easily, unlike those blunt-edge applicators that can pinch along the way.

So try to stop worrying about gaps, stains and accidents. Try Rely. It's the only tampon with double-absorbing action. It even absorbs the worry.



© 1977 The Procter & Gamble Company Available in limited areas only

Clothes-cleaning tips

Keeping clothes spotless and fresh is essential to a well-turned-out look, whether you wear designer originals or sew for yourself. To make sure clothes receive the correct care, always check the labels for cleaning instructions.

Dry cleaning

When you take a garment to the dry cleaners, call their attention to any spots by pinning a note to the article. Your cleaner will have a better chance of removing them if he knows what they are. Accessories such as belts should be cleaned along with the garments to ensure color compatibility.

Genuine suede and leather require special processing to preserve finish, feel, and color. Suede should be handled only by cleaners equipped for this type of cleaning.

Polyester knits are more susceptible to shrinkage and snagging than woven goods are. Polyester knits can be stretched back to size and reshaped if you ask for this service. Acrylic knits are inclined to stretch when steamed.

Coin-machine dry cleaning

You can expect satisfying results from a self-service coin-operated dry cleaning machine. You should separate the light-colored fabrics from the dark ones and the fragile from the heavy clothing, and empty all pockets. Clothing should be removed from the machine immediately upon completion of cleaning and placed on hangers to prevent wrinkling.

At-home spot removal

Soap and water are best for stains that dissolve in water, including stains from most foods and drinks, grass, and washable inks. Don't use water on clothes labeled "Dry-clean only."

Cleaning fluids and powders work best on oily, greasy, or waxy stains—including makeup, ball-point ink, typewriter ribbon, cooking oil and grease, motor oil, crayons, and salad oil. Don't use cleaning fluid on clothes labeled "Do not dry-clean." Never use water and cleaning fluid together. Stains should be removed as soon as possible, since the longer they set, the tougher they are to remove. Here are some spot removal steps to follow:

1. Scrape off what you can with your fingernail. Be careful not to rub a wet stain in deeper. Dry stains sometimes can be scraped off completely.

2. Place a white towel under the fabric.

3. Saturate the stained area. For a water-soluble stain, use cool tap water. Hot water will set the stain. Rub the stain lightly with the tip of your finger. Let the water or cleaning fluid rinse the stain through the fabric into the towel. Change the towel's position occasionally so a clean portion is under the stain.

4. If water doesn't loosen a water-soluble stain, lightly rub in liquid detergent with your fingertip. When the stain has rubbed through to the towel, saturate a piece of cheesecloth with water and flush out the detergent. Otherwise a ring will form.

5. Allow the fabric to dry. ■



The new premium bread that's fresher than the others.

Nature's Harvest. Baked fresh daily here in Utah.



You'll like new Nature's Harvest better than Pepperidge Farm, Orowheat and other premium breads. For one simple reason. This new premium bread is fresher, because it's baked fresh daily right here in Utah.

There are no preservatives or additives in Nature's Harvest. Every loaf is made from the finest natural ingredients available.

Choose from eight delicious kinds — Old Settler White, Buttertop White, Buttertop Wheat, Stone Ground Whole Wheat, Wheat Bran, Dark Rye, Wheat Berry and Honey Whole Grain Wheat.

Now you can buy a premium bread that's always fresh. Nature's Harvest. Baked fresh daily right here in Utah.

Jar of plenty



Open a jar of Ortega® Green Chile Salsa and you open up a whole new world of tasty authentic Mexican dishes.

And it's easy!

Everyday chicken baked with Green Chile Salsa becomes "Chicken Ole"!

Ordinary eggs covered with Ortega Salsa become "Huevos Rancheros"!

We could go on and on. But find out for yourself. Try Ortega Green Chile Salsa, the perfect blend of onions, tomatoes and tangy, fresh Ortega green chiles. It's all you need to turn ordinary American dishes into extraordinary Mexican meals.

ORTEGA

For extraordinary Mexican meals.



7-54 Grand Ave., Ridgefield, N.J. 07657 (Director's chair—Gold Medal, 1200 Packard Ave., Racine, Wis. 53403) Sofa and love seat—Wedgee Furniture Inc. Co., 2535 Metropolitan Dr., P.O. Box 586, Trevose, Pa. 19047. Floor and table lamps—Raymor/Richards, Morgenthau (address above). Hanging lamp—Lite Factory, Ltd., 40-24 22nd St., Long Island City, N.Y. 11101. Pillows—Riverdale, 295 Fifth Ave., N.Y., N.Y. 10016. Rug "Home Spun"—Congoleum Industries, 919 Third Ave., N.Y., N.Y. 10022 (17 Stony Creek, S.W. 57th St., N.Y., N.Y. 10019)

Page 100 (top right): Daybed-sofa—James David, Inc., P.O. Box 7240, St. Louis, Mo. 63177 (Middle left): Modular cubes—Gunther Brothers, Inc., 4801 Alemeda Ave., Louisville, Ky. 40221 (Middle right): Sling chair—Otto Gerdau, 200 Lexington Ave., N.Y., N.Y. 10016 (Bottom left): Park Bench—Piedmont Furniture (from Raymor/Richards, Morgenthau, address above). (Bottom right): Bar Cart—As Ordered (from Ambients, 592 Madison Ave., N.Y., N.Y. 10021)

Page 101 (top left): Love seat—Plymo of Sweden (from Scandinavian Design, 127 E. 59th St., N.Y., N.Y. 10022) (Top right): Chair—James David (address above). (Bottom left): Storage system—Tedrow—Cado/Royal System, Inc., 57-08 39th Ave., Woodside, N.Y. 11377. (Middle left): Sling chair—by R. Williams (from H. W. Kessler Co., 939 Jefferson Parkway, Pittsburgh, Mich. 48080. (Middle right): Bar and bar stools—Casa Contemporanea, 2525 State St., Columbiana, Ind. 47201. (Bottom right): Modular cubes—Otto Gerdau. Furniture (from Raymor/Richards, Morgenthau, address above)

Pages 102-103: Modular carpet tiles—Bigelow-Sanford, Inc., P.O. Box 3089, Greenville, S.C. 29602. Bamboo wall cane—Ben Rose, Inc., 240 Ave. of the Americas, N.Y., N.Y. 10019. Plant stands—Dunbarton Wood Medal cupboard—Bassett Furniture Industries, Bassett, Va. 24055. The Northridge system by Lundes, P.O. Box 2197, Gardena, Calif. 90247. Platform bed, SAF—Braxton Furniture Industries, Inc., P.O. Box 700, Lenoir, N.C. 28645. Combination and pedestal shelves—Bookstall, Inc., Box 440, Wellesley Hills, Mass. 02181. Lamps—Kenneth Kwan Lighting, 831 Madison Ave., N.Y., N.Y. 10021.

Page 104 (top right): Love seat—Vermont Tubbs (from Raymor/Richards, Morgenthau, address above). (Top left): "Acrobat"—The Green Co., 1658 Powell St., San Francisco, Calif. 94133. (Lamp shelf)—Knickerbocker Toys, 1107 Broadway, N.Y., N.Y. 10010. (Middle left): Sling chair—Caretta Lavin, 41 Madison Ave., N.Y., N.Y. 10010. (Bottom left): Bunk bed system—H.L.D.D.L.E., 4416 Wooster St., Copper City, Calif. 90230. (Bottom right): Storage units—L. Kunin Ltd., The Furniture Co., P.O. Box 2191, Sanford, N.C. 27330

Page 105 (top left): Bedroom furniture, Sugar Hill Furniture (address above). Pillowcases "Your Something Special"—Burlington Domestics, 1345 Ave. of the Americas, N.Y., N.Y. 10019. (Top right): Slat shelves—H.W. Kessler Co. (address above). (Bottom left): Screen, lamp, magazine rack, Squire & Small, 178 Fifth Ave., N.Y., N.Y. 10010. (Middle right): Cot—Cado/Royal System, Inc. (address above). (Bottom right): Cane and chrome chair—Metos, 200 Lexington Ave., N.Y., N.Y. 10016

PUT WASTED CORNERS TO WORK

Page 106: Sofa—Drexel Furniture Co., Drexel, N.C. 28619. Coffee table—Design Institute of America, 1677 Merchandise Mart, Chicago, Ill. 60654. Print—Greg Copeland, 155 New Dutch Lane, Fairfield, N.J. 07006. Lamp—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305.

Page 107 (top): Prints over bed "Sea Clams" and "Sea Shells" by William Plante—The Plante Co., 14132 E. Ten Mile Rd., Warren, Mich. 48089. Bedspread "Cathay"—Cowtail Inc., 261 Fifth Ave., N.Y., N.Y. 10016. Mirror—Raymor/Richards, Morgenthau, Inc., 734 Grand Ave., Ridgefield, N.J. 07657. Blue soap dish—Heller Designs, Inc., Mamaroneck, N.Y. 10543. Wastebasket—Beyleriun Decorative Arts Center, Ltd., 305 E. 63rd St., N.Y., N.Y. 10021. Carpet—Quite Corp., 1755 Butterfield Rd., Libertyville, Ill. 60048 (Bottom): Partition finish material "Cedar Strip"—Pope & Talbot, Inc., 1700 S.W. Fourth Ave., Portland, Ore. 97201. Vase—Rockville International, Inc., 100 Merrick Rd., Rockville Centre, N.Y. 11570. Print in grooming area "Down Wind" by William Plante. The Plante Co. (address above)

Page 108: Aquarium—All-Glass Aquarium Co., Inc., Franklin, Wis. 53132. Chair—Flair Div., Bernhardt Industries, Box 740, Lenoir, N.C. 28645

Page 109: Love seats—Chatterbosse by Habriten Div., Bernhardt Industries (address above). Prints "Daisies" and "Zinnias" by Ida Peller—N.Y. Graphic Society Ltd., Merchandise Mart, Chicago, Ill. 60654

FANCY FOOD WITHOUT THE FUSS

Page 112 (left): Soup bowls—Mitteldorfer Strauss, Inc., 41 Madison Ave., N.Y., N.Y. 10010 (Right): Platter—Rosenthal Ltd., 411 E. 76 St., N.Y., N.Y. 10021

Page 118: Platter—Mitteldorfer Strauss, Inc. (address above)

A QUICK GUIDE TO SPICES

Page 124 (left): Plates—Doulton & Company Inc., 400 Patterson Plank Rd., Carlstadt, N.J. 07072 (Right): Plate—Rosenthal, USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021

Page 125 (left): Platter—Copeland & Thompson, Inc., 200 Fifth Ave., N.Y., N.Y. 10010

FONDUES FOR DIABETICS

Page 129: Oval Board—Dansk Designs, Inc., Rancho Circle Rd., Mt. Kisco, N.Y. 10549. Fondue pot and stand—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610

PRIZE TESTED RECIPES

Page 131 (right): Casserole with cover—Stoneware Designs West, 9956 Ramona Blvd., Los Angeles, Calif. 90024

Page 132 (center right): Dessert plates "Mahogany"—Noritake Company, Inc., Cincinnati, Ohio 45215. Pie plate—Heller Design Inc., 200 E. Prospect Ave., Mamaroneck, N.Y. 10543 (Right): Hors d'oeuvre Knives, 135 Victory Blvd., Burbank, Calif. 91502

OVEN PANCAKES

Page 135 (center): Light colored plate: Francescan Tabic Top Fashions—Sundance—Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Dark plate "Creole"—Francescan (address above).

SKIP-A-STEP CHICKEN ENTRÉES

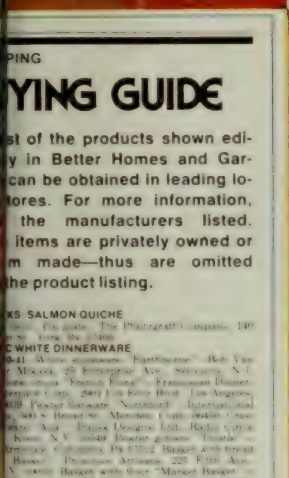
Page 137 (right): Stoneware Cooper Inc., 240 Fifth Ave., N.Y., N.Y. 10001. Wooden salt and pepper—H.E. Lauffer Company, Inc., Belmont Drive, Somerset, N.J. 08873. (Left): Plate, cup and saucer, and bread plate "Primerstone"—Noritake Company, Inc., Cincinnati, Ohio 45215. Knife, fork and spoon—Royal Sweden—Gense Import Ltd., 262 Kingston St., Scarsdale, N.J. 07583

MANDARIN-STYLE POT STICKERS

Page 154: Skillet—Rosenthal USA Ltd., 411 E. 76th St., N.Y., N.Y. 10021

HOT IDEAS FOR COLD CUTS

Page 173 (left): Plates—Trans-Ocean Bridge Inc., 11440 Isaac St., P.O. Box 980, Boston, Va. 22980. (Right): Cassette—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. Serving spoon—H.E. Lauffer Company, Inc., Belmont Drive, Somerset, N.J. 08873. Basket—F.O. Merz & Co., 100-116 N. 63rd St., Philadelphia, Pa. 19139. Salt and pepper shakers—Fine Arts Marton Corp., 366 Coral Circle, El Segundo, Calif. 90245. ■







begins on page 96

The glory of the rose

The Romans placed it over the door when a feast was in progress and whoever passed under it incurred a solemn obligation not to reveal what was seen or heard. From this custom has sprung the term *sub rosa,* meaning "under the rose," as applied to anything revealed in confidence.

Later, it was placed at the entrance to confessionals at Rome, as a symbol of secrecy. In poetry, it has ever stood as a symbol of purity and innocence. Anacreon, the great lyric poet of the sixth century before Christ, wrote of the origin of the rose, which, he claimed, sprang from bathing Venus' blushes when she caught Jupiter spying on her. Shakespeare mentions the rose at least 70 times. His Juliet asks, "What's in a name? That which we call a rose By any other name would smell as sweet." Also well known is Gertrude Stein's rhythmic phrase, "Rose is a rose is a rose," which she had printed in a circle.

In art, as literature, we find it going back to the very dawn of the Aryan race. It is seen in the art of the Greeks, the Romans, the Egyptians, the Assyrians. The Etruscan rose is almost as famous as the Etruscan vase. The rose has been distinctly a favorite of the Western world, as distinguished against the Orient. It is strikingly absent in the horticultural affairs of the early Chinese and Japanese.

In history, the rose has played an important part. In the days of Heraldry, it was a badge worn by whole armies. The badge of the House of Lancaster was the rose gules, and the rose argent of the House of York. Henry VI, king of England, was surrounded and supported by the adherents of the House of Lancaster in his claim to the throne. Richard, Duke of York, had a better claim to the throne by descent and his adherents provoked one quarrel after another with the Lancastrians, in the hope of ultimately placing Richard on the throne. The personal emblem of the Duke of York was a white rose, which his followers adopted in order to distinguish friend from foe. The House of Lancaster promptly adopted the red rose as its emblem. From this fact, the struggle between the two families for the throne of England, which lasted several years, came to be known as the "War of the Roses." Thus the rose played an important part in at least one war, a war which destroyed the flower of English manhood and eventually made it possible for the French to drive the English off the continent forever.

Roses in the future are going to be better understood by the people at large; they are becoming more and more common in family gardens and the uses to which they may be devoted in addition to their bloom, will bring a fuller realization of the glory and beauty of the rose to every lover of Nature. Too long we have labored under the impression that rose culture was not for the masses; that this queen of the florists' art was distinctly a creature of skill and intricate care. Too long our gardens have been bare of the queen of flowers and our vases empty.

The rush of commercialism in the early days of the present industrial age seemed to sweep all sentiment, all love for the leisurely joy of growing things and enriching life and home with flowers, out of our lives. But the advent of universal prosperity, the coming of the thought that of all attainments the home is the most important, the settling down of America to ennoble and to enrich herself in the worthier things, has swept back that old desire, that old longing, for the "vine over the door."

And never before has the great middle class been so favored, whether here or elsewhere. The modest backlot gardens in many cities outrank those of the aristocracy of yesterday. Many a busy housewife has a larger and better garden than that boasted by her Colonial grandmother.

That natural love for the rose has had a great deal to do with this revival of interest in floriculture. Hardly has sod been turned before thoughts of roses blooming in the garden come to the garden lover. It assumes expression often before a shrub is planted or lawn established.

The rose stands for permanency. It has none of the disadvantages of annual flowers which endure for a season and must be planted again each succeeding spring. It endures from year to year, blooming each season and attaining a varying growth depending upon variety. It blooms the first season, if properly established, and continues to repay the gardener thruout the years. The Teas and Hybrid Teas are, as a general rule, continuous in the blooming habit and one or two of the Hybrid Perpetuals display the same admirable trait.

There is a rose for every climate where people live in any considerable numbers. Wild varieties are found in Lapland and Labrador. Even the delicate teas are successfully grown outdoors in Canada, where thousands of them are to be found in public parks.

As there is a rose for every climate, so there is a rose for every purpose, susceptible of outdoor cultivation. From the tiny polyanthas to the giant and rugged rugosas and climbing varieties, there is a wide selection for almost any condition that may be present. Unsightly terraces or bare spots in lawn or park or cemetery may be made a place of beauty with the creeping varieties.

In the rose we find all the variations which climate, nature and skill in man can combine. It is not extraordinary, then, that the rose should have the universal place it holds in the hearts of so many people in all classes and in all climes. It is the universal flower and its appeal in that direction is only indicative of its merits. ■

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Bounce has agreed with dryer makers to supply Bounce samples packed by them and to feature their dryers in



In Michigan, DAILY DIET COUNSELING

begins on page 96

How to plant a rose

bush's root system and mold loose soil into a cone in the center. Spread the roots of the rose over and around this cone, being careful not to bunch too many roots together. Prune back any roots that are broken or too long.

After the roots are arranged, fill the hole with a soil-compost mixture. Pour water over the filled hole and gently rock the rose back and forth and up and down. This will settle the soil and eliminate air pockets.

When the rose is in place, be sure that the bud union (the point where the hybrid rose stock was grafted onto the understock) is at the proper depth —just one inch below ground level in the North, and an inch above ground in the South. The bud union is easy to recognize; look for a knob on top of the root shank at the cane's base. Space hybrid tea roses about 24 inches apart.

After planting your new roses, pru them back to about six inches, remc ing any dried or broken wood at t same time. Make all pruning cuts a 45-degree angle, about ¼ inch abo outward-pointing buds.

Then, to prevent the rose canes frc drying out, mound up soil over t plant. Leave this mound in place un new growth is one to two inches lor As the new growth develops, gradua wash the soil mound away with gentle stream of water. Be careful avoid damaging the tender new shoc that may be developing under the s mound.

Summer care

Once the rose is established, cov the ground around the base of t plant with a two- to three-inch mul of straw, bark chips, pine needles, sa dust, or grass clippings. This will co serve soil moisture and discoura weed growth.

During dry weather, soak the grour around the rosebush to a depth of eig to ten inches twice a week. Lig watering daily is of little value.

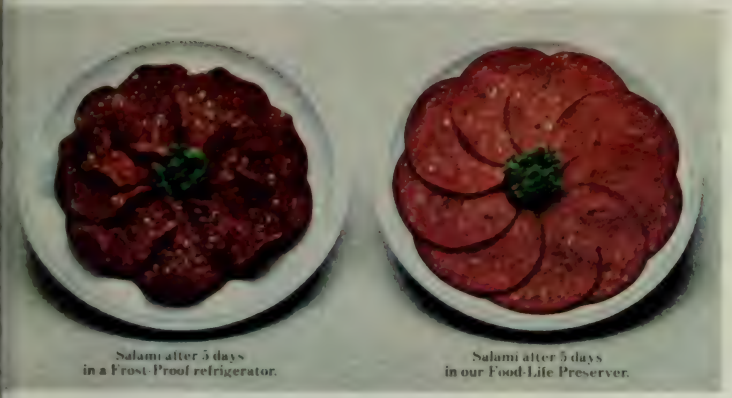
Feed newly planted roses two three times during the growing seas with a rose food or a fertilizer form lated for use on flowers. If your area prone to aphid attacks, choose a fe tilizer with systemic insecticide adde Use only the amount recommended the package directions; an excess m burn and kill the plant.

Winter care

If you live in an area where wint temperatures regularly drop below degrees Fahrenheit, you should gi your hybrid tea roses some prote tion. The most effective way to pr tect roses is to mound up soil over t canes to a height of 15 or 20 inche Be sure to bring in soil from anoth part of the garden because soil take directly from around the plants w expose the delicate feeder roots to t cold air.

Remove the soil mound when grow starts in the early spring. If the pr tection is left on the plants too lon the new shoots will grow right throu the soil mound and become weak ar spindly. Rose cones may also be us to provide winter protection. Wait unt after heavy frosts before cutting t tops of bushes back to allow coverir with the foam plastic caps. Peg or weig the caps down. They're reusable. ■

IS YOUR SALAMI GETTING OLD BEFORE ITS TIME?



Salami after 5 days in a Frost-Proof refrigerator.

Salami after 5 days in our Food-Life Preserver.

After a few days in your refrigerator, does your juicy roast become nothing to boast about?

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Does your chocolate mousse start getting mousey?

Maybe it's about time you took a look at Frigidaire's Elite Line of refrigerators.

Because aside from features like solid-state ice makers,* Electri-Saver switches, and tempered-glass shelves, two models also have a Food-Life Preserver. It's a special section that not only has a vegetable Hydrator and a seven-day Meat Tender, but also an Unwrapped Food drawer. The drawer helps keep unwrapped food fresh for days by sealing air out and moisture in.



And it makes the storing of hard-to-wrap foods, like a piece of cake, a piece of cake.

So throw your food a life preserver and get a Frigidaire refrigerator.

Because with today's prices, losing an expensive cut of meat is the unkindest cut of all.

FRIGIDAIRE GM
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Look for our complete line of refrigerators and other appliances at Frigidaire Dealers throughout the United States and Canada

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100's: 19 mg. "tar," 1.3 mg. nicotine
KING: 20 mg. "tar," 1.3 mg. nicotine
av. per cigarette, FTC Report MAY '78.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

HOT IDEAS FOR COLD CUTS

Why limit luncheon meats to the sandwich board or hors d'oeuvre tray? These delicately flavored sliced meats are also great in hot and hearty main dishes, like our basil-flavored Swiss Ham 'n Spinach Bake and our Cheesy Noodle Casserole with bologna or salami. Accompany either of these entrées with a crisp salad and warm rolls.



SWISS HAM 'N SPINACH BAKE

Sliced bologna or sliced old-fashioned loaf is an economical substitute for the ham. Begin this dish an hour before dinner—

- **1 10-ounce package frozen chopped spinach**
- **2 tablespoons butter *or* margarine**
- **2 beaten eggs**
- **⅓ cup milk**
- **2 tablespoons chopped onion**
- **1 tablespoon chopped pimiento**
- **½ teaspoon dry mustard**
- **¼ teaspoon dried basil, crushed**
- **⅛ teaspoon salt**
- **6 to 8 slices diced boiled ham *or* smoked pressed ham (1 cup)**
- **1 cup shredded Swiss cheese (4 ounces)**
- **Canned French-fried onions (optional)**

Cook spinach according to package directions; drain well. Stir in butter or margarine till melted.

In medium bowl combine eggs, milk, onion, pimiento, mustard, basil, and salt. Stir in ham, cheese, and cooked spinach. Pour mixture into a buttered 10x6x2-inch baking dish. Bake in 350° oven 30 to 35 minutes or till knife inserted just off-center comes out clean. Let stand 10 minutes before serving. Sprinkle French-fried onions atop, if desired. Makes 4 servings.



CHEESY NOODLE CASSEROLE

Bologna or salami team with sour cream and mozzarella cheese for this rich pasta casserole—

- **4 ounces medium noodles (3 cups)**
- **1 medium onion, chopped (½ cup)**
- **¼ cup chopped green pepper**
- **2 tablespoons butter *or* margarine**
- **1 10¾-ounce can *condensed* cream of mushroom soup**
- **1 cup dairy sour cream**
- **¼ cup milk**
- **1½ cups shredded mozzarella cheese (6 ounces)**
- **1 8-ounce package sliced bologna or salami, cut in eighths**
- **¾ cup soft bread crumbs (1 slice bread)**
- **1 tablespoon butter *or* margarine, melted**

Cook noodles according to package directions; drain. In large saucepan cook onion and green pepper in the 2 tablespoons butter or margarine till tender. Blend in soup, sour cream, and milk; stir in cheese, bologna, and cooked noodles. Pour into a 2-quart casserole. Combine bread crumbs and the melted butter; sprinkle around edge of casserole. Bake in 350° oven for 40 minutes. Makes 4 servings. ■

Buying information, page 167



A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

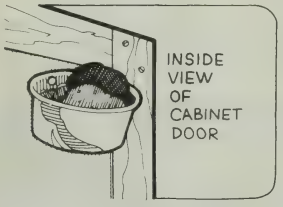
PROBLEM

You need a storage spot for that ball of steel wool or the scouring pad you're always losing.

SOLUTION

Nail or staple a plastic margarine container to the inside of a door on your worktable or kitchen cabinet. Stash your little scrubbers in the margarine tub, and they'll always be at your fingertips.

S.A., Houston, Tex.



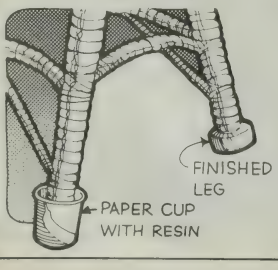
PROBLEM

The feet on your wicker furniture are fraying and splitting, and the deterioration is spreading.

SOLUTION

Rest each damaged foot inside a paper cup and pour two-part plastic resin into the cup. When the resin has cured, peel off the cup, and you'll have a repair that should last a long time.

J.K., Lafayette, Md.



PROBLEM

When making intricate scroll cuts with your saber saw, you often lose sight of the cut line in the shadow of your saw.

SOLUTION

Temporarily attach a pocket penlight to the front of your saw with tape. (Don't let the tape cover the saw's vent holes.)

B.C., Bowen, Ill.

PROBLEM

Your antique beveled mirror is showing age spots in the silver backing, but you want to avoid the expense of replacing it or resilvering the back side.

SOLUTION

Remove all of the old silver with paint stripper and steel wool. Then have a new mirror cut the same size as the antique and mount the new mirror directly behind the old one.

J.B., New York, N.Y.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

PROBLEM

When you spread out project plans and assembly details on your workbench, they either get in the way or get covered by materials and tools while you're working.

SOLUTION

Remove the trip mechanisms from a new mousetrap, cut down the base a bit, and fasten the trap to your workshop wall to hold those instruction sheets out of the clutter. This holder also works great for recipe cards; just screw the trap to the inside of a cupboard door.

Mrs. O.F., Wells, Minn.

PROBLEM

Your plastic cutting board is awkward to use because it slides all over your kitchen counter.

SOLUTION

Turn over the piece of plastic and put a dot of silicone caulk at each corner. Uniformly flatten the dots to a depth of ¼ inch when they skin over, then let them cure for 24 hours. The next time you use the cutting surface, it will be skid free.

K.H., Warner Robbins, Ga.

PROBLEM

The water pipe springs a pinhole leak on Sunday morning, and no repairman within 50 miles will make a house call.

SOLUTION

Use a drill and 1/16-inch bit to countersink a small area at the leak, then tap a round toothpick into the hole. The toothpick will swell and plug the leak until a permanent repair is made.

R.W., Shelton, Conn.

A FRESH NEW SLICE OF APPLE PIE.



Dig in, America.

Dig in deep.

Because the deeper you dig, the more you're going to love this crisp new mid-size Malibu of ours.

A lot of folks are finding Malibu to be just the right size—with just the right room, the right look, the right feel, the right ingredients, the right name.

The right ingredients.

Malibu's beautiful Body by Fisher sits on a tough full-perimeter frame, with 14 noise-absorbing body mounts, front stabilizer bar, and Full Coil suspension for a smooth and quiet ride.

Front disc brakes, fiberglass-belted radial ply tires, full carpeting, extensive corrosion-resisting treatments, High Energy Ignition system and a Delco Freedom battery that never needs refilling are all standard.

The right name.

The fact that Malibu is a Chevy makes it all the more appealing to a lot of people. People who've owned Chevys over the years and know the kind of value we build into all our cars.

Talk to your Chevrolet dealer soon about buying or leasing a crisp new '79 Malibu.

It's right for the times.

'79 CHEVY MALIBU

Chevrolet

begins on page 35

The friendship quilt

FRIENDSHIP QUILT, page 35

(The finished size of our quilt is 72x86 inches, and is made of thirty 12-inch squares. To change the size of the quilt, adjust the number, position, or size of squares. Or add additional fabric borders.)

Materials: Thirty 12x12-inch quilt squares (or number and size desired); 2½ yds. of 44/45-inch-wide solid color fabric (sashing and borders); 5 yds. of 44/45-inch-wide companion print fabric (backing); 80x90 inches polyester quilt batting.

Instructions:

The friendship quilt has its roots in the past, when quilts were created and presented for special occasions, such as a wedding or the birth of a child. What makes our quilt unique is that individuality and creativity are worked into each square. Thirty persons contributed to our finished project, each interpreting the "assignment" a little differently and each adding a twist to the needlework technique used.

To achieve this originality in your quilt, ask all contributors to base their design on a shared incident, relationship, or interest. In our case, we asked craft designers we frequently work with to each contribute a square reflecting a project or design we have used.

Since we had placed no other restrictions on contributors other than size and sentiment, our collection of squares varied widely in approach.

If you would like your quilt to be a little more organized, get together with your contributors (a party is a good way to generate ideas) to set your guidelines. Decide if your quilt should match the recipient's home decor, or if motifs should depict a particular event or theme. At this time, decide how you want the quilt assembled and choose an appropriate backing fabric. Appoint someone to put it all together.

As you begin your square, you will have to decide whether you want the design to dictate the technique, or whether you want to use a specific technique and plan your design around it. For example, if you want to do your square in pieced patchwork, your design should feature straight lines. If your design contains curved shapes, lots of detail, or lettering, use a technique that will give you the best results. Appliqué works well for curved shapes, embroidery provides detail, and cross-stitch is suitable for lettering.

To create your pattern, first draw on a sheet of paper a rectangle the same size as one of the quilt squares. Think of this box as an empty picture frame. If you do all your drawing and sketching on sheets of tracing paper placed over your finished design, you'll be sure your finished design will be the right size.

Design sources are all around you. There's a wealth of design motifs from nature applicable to a project of this type. Perhaps you could base your design on the recipient's favorite flower or animal. For abstract patterns, try cutting fruit in half and studying the various patterns you'll find. Look at shells, areas of tree bark, or wave lines on a beach.

You may wish to use one of the recipient's favorite sayings, epigrams, or slogans. Or you could adapt a treasured child's drawing, or a decorative motif from textiles or architectural features in the recipient's home.

Be sure to include each person's name within the design of each square. You may wish to add one square with the recipient's name, date, and a few words concerning the occasion your quilt is for.

Keep in mind the tastes and preferences of the recipient. For example, if he or she has a particular interest or hobby, a friendship quilt based on motifs reflecting that interest will be doubly appreciated.

If your design is not dictated by any one craft technique, you now have to decide which technique to use. Our quilt features a variety of techniques, ranging from quick and easy to very complex. Our quilt includes crocheted medallions tacked to a fabric background, batik, needlepoint, appliqué, cross-stitch, fabric crayon, patchwork, photo cyanotype printing, and acrylic paints on fabric. A technique as simple

continued



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Like all leading headache tablets, Anacin starts with a pain reliever recognized safe by a panel of experts, used as directed. But Anacin gives you *more pain reliever than any regular strength headache tablet.* Gives you the safety you expect with the extra strength you want. Read and follow label directions.

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No matter how cheek-chilling or nose-numbing the weather is outside, these beautiful Andersen® Perma-Shield® Narroline® windows help keep you warm and comfortable inside.

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The window's design is two times more weathertight than industry air-infiltration standards. The better to keep out drafts, and keep in comfort the year around.

If you also compare Andersen's use of double-pane insulating glass to old-fashioned single-pane glass, the energy savings really jump. To more than the equivalent of an *additional 12 inches of ceiling insulation.*

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[1]Compared to windows which just meet industry air-infiltration standards in a one-story house in Denver, Colorado with 15% window-to-floor space ratio, 250 lineal ft. of crack and 6 inches of fiberglass ceiling insulation (R-19).

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continued

The friendship quilt

as sewing buttons on fabric yields a spirited square.

Other equally suitable craft techniques include crewel embroidery, smocking, reverse appliqué, pulled or drawn thread work, block printing on fabric, trapunto, and needlepoint.

Since our quilt features squares from craft designers we have worked with, many of their squares reflect motifs from projects we have presented in past issues. Mimi Shimmin's wildflower square reflects her projects in the February, 1977 issue of *Better Homes and Gardens* magazine. The appliquéd and embroidered butterfly square is a reprise of a needlepoint butterfly we presented in the August, 1976, issue. And the blue-and-white variegated doily appears in *Better Homes and Gardens Crocheting and Knitting* book. If you would like to adapt these or other designs for your quilt, consult your local public library for these publications.

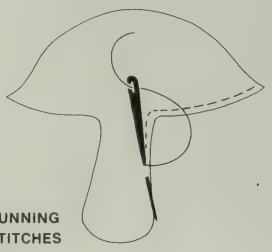
General directions for several needlecraft techniques follow. Consult back issues of *Better Homes and Gardens* magazine or general craft how-to instruction books for more detailed instructions for other crafts.

1. *Appliqué* is a method of applying one layer of fabric to another. If you are inexperienced at appliqué, pick a design with straight lines and gradual curves, and choose fabrics that are easy to sew.

Draw your master pattern on paper; then cut out pattern templates from sandpaper, cardboard, or plastic. Cut a square of background fabric. Position template on pattern piece fabrics so that the straight grain matches that of the background fabric, and draw around the template with a sharp pencil. *This is the folding or stitching line, not the cutting line.* Cut out pieces with a ¼-inch seam allowance all around. To prevent puckering, interface lightweight pieces with iron-on interfacing.

Place the pattern pieces on the background fabric, and turn under the seam allowance. Clip the curved edges of the seam allowance so that the piece lies flat. Baste each piece to the background along the fold.

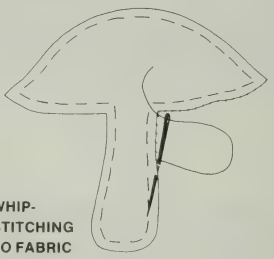
If you are going to hand-appliqué the pieces to the background, use whipstitches, or running stitches (see diagrams, below).



RUNNING STITCHES



BLIND STITCHING TO FABRIC



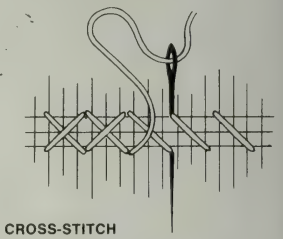
WHIP-STITCHING TO FABRIC

If you are going to machine-appliqué, hand- or machine-baste the pieces to the background, Use a zigzag satin stitch around the folded edge of the pieces.

2. *Cross-stitch* is most suitable for working quotations, sayings, or short poems. You can also embroider simple design motifs and border patterns in cross-stitch.

If you are using embroidery transfers, any firmly woven fabric will work. For counted-thread work, however, you will need an even-weave fabric, such as Aida cloth or Hardanger fabric. An even-weave fabric has the same number of horizontal and vertical threads, so the cross-stitches are pleasingly uniform in size.

Use embroidery floss, pearl cotton, or a similar tightly twisted thread. You'll also need needles, an embroidery hoop, scissors, and a thimble.



CROSS-STITCH

Following the stitch diagram, cross-stitch design. Block and press the square.

3. *Embroidery* can be used to embellish any other needlework technique. In addition, the scope of embroidery stitches affords endless possibilities for an entirely embroidered square.

Use a good-quality fabric that is firm enough to support the threads and stitches you intend to use. Use wool yarns for crewelwork, embroidery floss or pearl cotton for traditional stitchery, and rayon, silk, or metallic threads for special effects.

A glossary of embroidery stitches appears on page 180.

4. *Fabric crayons* are available at art supply stores. (Crayon colors are softer and less colorfast when they're transferred to cotton fabric.) You'll also need medium-weight drawing paper and white synthetic fabric.

In planning designs for the quilt, keep in mind that the drawings will transfer backward. Write any captions on a separate piece of paper, and then trace them in reverse with crayon onto the main design.

To transfer crayon drawings to quilt squares, follow the crayon manufacturer's directions. Pad the ironing board with several layers of newspaper topped with a clean white piece of paper. Place the fabric square on this padding. Inspect the crayon design first and remove any crayon specks before transferring.

Place the crayon drawing facedown on the fabric and cover with another sheet of clean white paper.

Turn the iron to the cotton setting and press with steady, strong pressure

continued

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TASTE L&M LIGHTS. ONLY 8 MG. "TAR."

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

*Based on Maxwell Report, 1977.

Long Lights; 8 mg. "tar", 0.6 mg. nicotine, av. per cigarette, FTC Report (May '78).

continued

The friendship quilt

over the entire design until the color becomes slightly visible through the paper. Check frequently by lifting a corner of the design to make sure the fabric is not scorching and the color is transferring evenly. Once transferred to synthetic fabric, the crayon colors are permanent and washable.

5. *Patchwork,* the traditional way to assemble quilt tops, is ideal for friendship quilts.

Select patchwork fabrics carefully. Avoid fabrics that are too loosely woven, stretchy, or wrinkle-prone. Also avoid fabrics that are too heavy to sew easily. Cotton or cotton blend fabrics are usually suitable for patchwork.

After you have designed your square, make a master pattern and pattern templates as for appliqué (see directions, above). Cut out all pieces with a ¼-inch seam allowance. Piece the square together by hand or by machine. Press open each seam.

6. *Photo cyanotype printing* is a fairly simple process that requires the use of photographic chemicals and equipment. Refer to the December, 1977, issue of *Better Homes and Gardens* magazine for complete instructions on this process.

To assemble quilt

Note: These instructions are based on a 72x86-inch finished size. If you have altered the size of your quilt in any way, adjust the size of the backing and sashing strips accordingly.

1. Lay out the quilt squares, five squares horizontally and six squares vertically, in position desired. Strive for a good balance of light and dark, color, and texture.

2. Cut and piece the quilt backing fabric to finished size. From solid fabric, cut two 3x87½-inch side border strips and two 3x68½-inch end border strips. Cut four 2½x87½-inch vertical strips and 25 2½x12½-inch horizontal sashing strips.

3. Using ¼-inch seam allowances, sew short sashing strips between each square to form vertical strips. Then, sew four long sashing strips between these rows of squares. Sew the border strips to the ends first, and then to the sides.

4. Place a quilt batt between the top and the backing. Pin in place. Turn the outside edge under and around the backing ¾ inch. Then turn the raw edge under ¼ inch and stitch around. Machine- or hand-quilt around each square. If desired, add ribbon or yarn tufting in corners of each square.

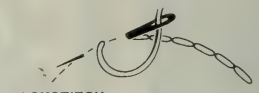
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6	7	8	9	10
11	12	13	14	15
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The following staff members and friends contributed to our friendship quilt:

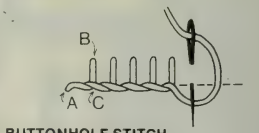
1. Margot Carter Blair
2. Corky Egendoerfer
3. Linda Hicks
4. Joan Cravens
5. Mimi Shimmin
6. Rebecca Jerdee
7. "Mike" Wigg
8. Gordon Greer
9. Ellen Morello
10. Cindy Mills
11. Heather Cravens
12. Phyllis Dunstan
13. Chieko Hoshiai
14. B. J. Casselman
15. Bob Furstenau
16. Mike Scott
17. Ann Levine
18. Curt Boehringer
19. Ocean Beach Quilters
20. Ginger Bassett
21. Coleen Deery
22. Nancy Lindemeyer
23. Lynn Hopkins Cipolla
24. Margie Poffenbarger
25. Terry Ryder
26. Margo Garrity
27. Deborah Dugan
28. Gary Boling
29. Janet McCaffery
30. Bryan McCay

Pillow: Linda Wilson
Assembly: Judy Williamson

Embroidery Stitches



BACKSTITCH



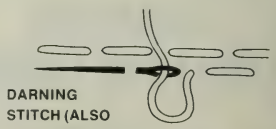
BUTTONHOLE STITCH



CHAIN STITCH



COUCHING STITCH



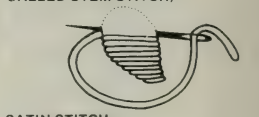
DARNING STITCH (ALSO CALLED RUNNING STITCH)



FRENCH KNOT



OUTLINE STITCH (ALSO CALLED STEM STITCH)



SATIN STITCH



STRAIGHT STITCH

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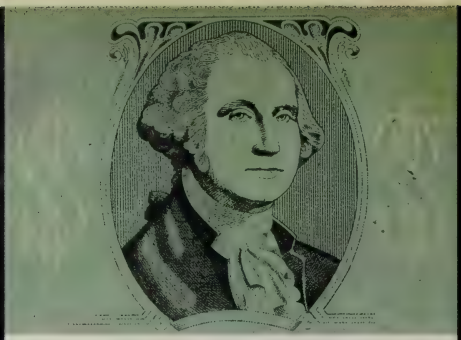
And L'Orange La Salle is just as easy to make. Scoop orange sherbet into a dessert glass, and pour in this golden wine. Or, add a splash of soda and it becomes a tall, cool drink.

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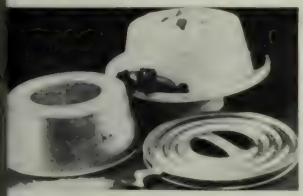
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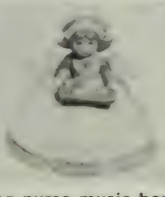
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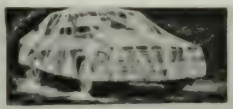
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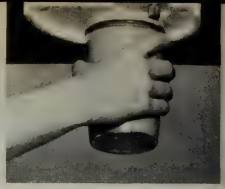
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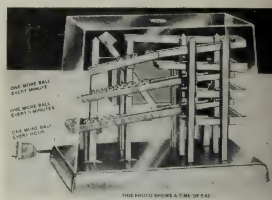
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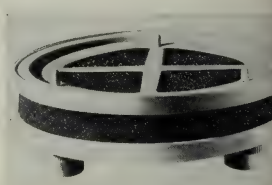
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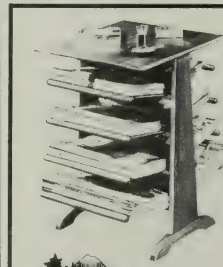
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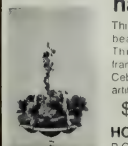
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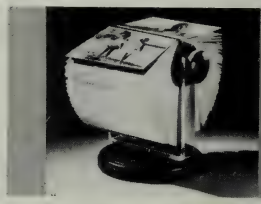
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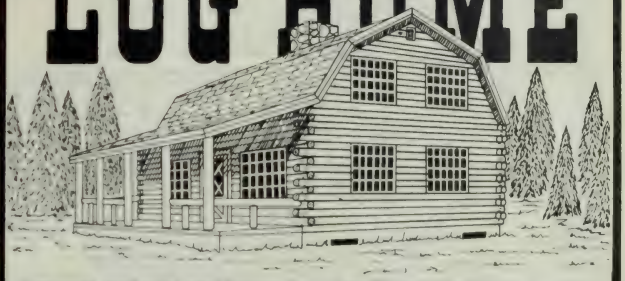
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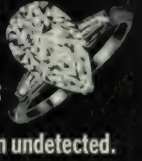
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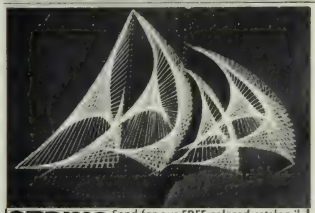
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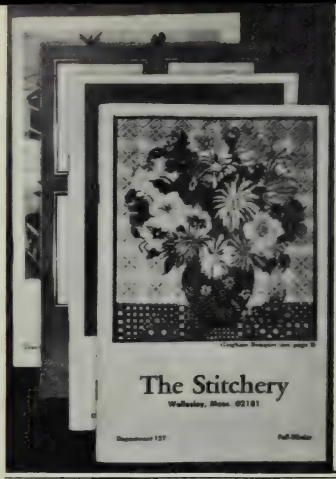
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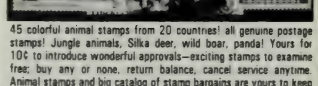
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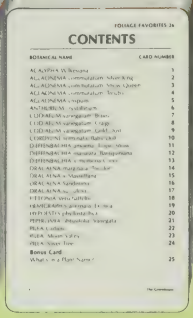
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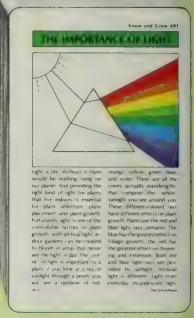
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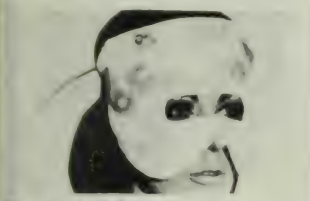
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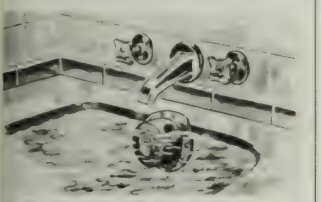
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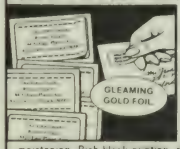
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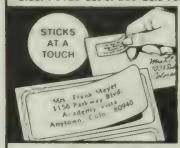
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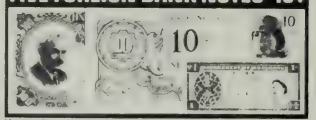


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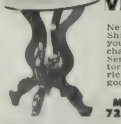
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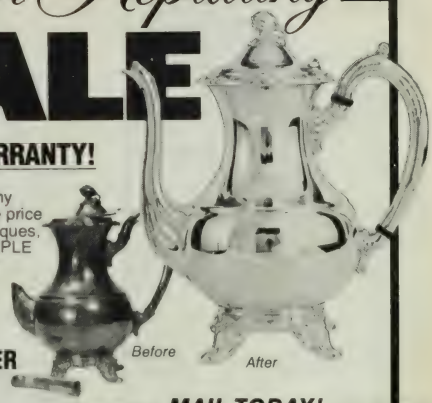
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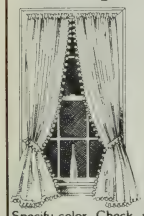
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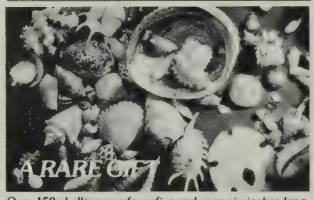
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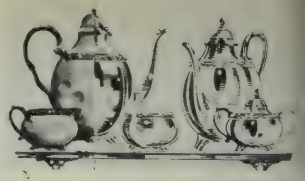
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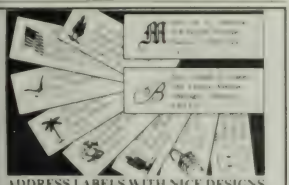
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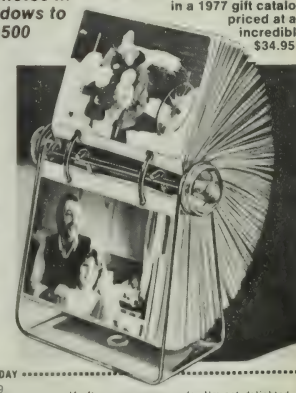
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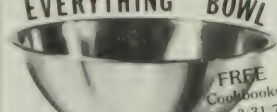
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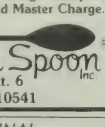
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Send check or money order. Charges accepted for American Express, VISA, and Master Charge.

The Wooden Spoon Inc.
Dept. 224, Rt. 6
Mahopac, NY 10541

THE ORIGINAL
BASEMENT TOILET

Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK

-No Digging Up Floors-

INSTALLS EASY, ANYWHERE!

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UP TO 200
ZOYSIA GRASS PLUGS FREE!



By Jack T. Johnson

It's true the things people are saying about Amazoy Meyer Z-52 Zoysia Grass (Reg. T.M.) It grows so thick and luxurious that walking on it is unforgettable . . . like walking on a thick, pile carpet.

Your Zoysia lawn drives out crabgrass and weeds all summer long. It stays green and beautiful in blistering heat, when other grass burns out. It cuts mowing by ⅔ . . . it's perfect, for summer homes and "problem" areas.

There's no need to rip out your old grass. Plug in Amazoy Zoysia Grass and let it spread into beautiful turf that never needs replacement. It will neither heat kill nor winter kill . . . merely goes off its green color after heavy frost; regains fresh new beauty every spring—a true perennial! Every plug fully guaranteed to grow in any soil in your area.

To end lawn problems, send for Free Interesting facts and prices of Amazoy incl. Pre-Season Bonus Offer. No obligation. Mail coupon to . . .

DEPT. 131 ZOYSIA FARM NURSERIES
(Our 24th YEAR) GENERAL OFFICES & STORE
6414 Reisterstown Rd., Baltimore, Md. 21215

Name____
Address____
City & State____ Zip____

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DIAMOND STAMP



From Tonga, Space Station, American Bicentennial, Anteater, Bird, Fish, Olympics, Mini-Stamp, Religious Painting, Flower. All of these world-wide stamps from far-away exotic lands for ONLY 10¢ when requesting approvals. Select those you like, return the rest. Cancel service anytime.

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Plump, feathery, 5' tall arrangement. You may have seen these bouquets before, but not at this price. Bundle of 15 plumes in ivory, gold and brown is $10.95 + $2 post. / 25; $14.95 + $3 post. / 40; $19.95 + $4 post. For custom dyeing, add $4 and colors. HAND TURNED CERAMIC URNS in your choice of ivory or earth gold color: ⌀105 (10" high) $6.95 + $2 post. / ⌀106 (12" high) $8.95 + $3 post. / ⌀111 (15" high) $19.95 + $5. post. SATISFACTION GUARANTEED. Tropical Plant Institute, Inc., Post Office Box 21496, Dept. 3 , Ft. Lauderdale, Florida 33335

Portfolio: Dried Flowers & Urns $1.

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See how easy it is to be fitted Direct via Mail in Shoecraft Famed Fifth Avenue Shoes at low money saving prices.

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Satisfaction Guaranteed or Your Money Back.

SAVE MORE MONEY!

No Extra Charge for Sizes to 13. The Clog . . . on a solid wood wedge in mahogany leather. Sizes 9-13 N & M.

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SHOECRAFT 603 FIFTH AVE. NEW YORK 10017



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The amazing Ginsu knife

So sharp it can cut a tin can, slice a tomat perfectly. Written 50-year guarantee. Come with matching Carving Fork, 6 Steak Knive & Spiral Slicer, 6 in 1 kitchen tool. All/$9.9 + 50¢ post. Ginsu Knife Set, Dept. GK-7, 4 West Shore Rd., Warwick, RI 02889.



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Over 150 shells: some four, five and even si inches long. Great for tabletops, aquariums etc. All shells pictured and more, $12.95 + $3 post.; 250 collection $19.95 + $4 pos Catalog $1. Tropical Shell Institute, Dep BH-2, Box 21490, Ft. Lauderdale, FL 3333



The demi boot

Kid-soft polyurethane/nylon laminate; 1½ heel. Camel, White, Bone, Navy, Red, Brown Blk. Comb. full & half sizes: 5-8½ plus 9 10. $12.95 each. Save, 2 pair $23. Add $1.9 post. Old Pueblo Traders, Dept. BH2DB, 60 S. Country Club, Tucson, AZ 85716.

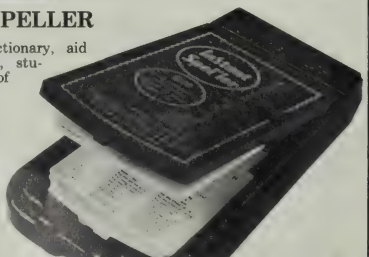
NEW "Letters By The Yard" Lap Desk



You've heard of long letters? But how about a letter measured in yards? "Letters By The Yard" combines the re-creation of an antique school desk with a continuous roll of fine stationery paper, notebook-lined on both sides. As you write, you simply advance the paper through the desk lid. When you're finished writing, just tear off your letter at the metallic cut-off strip and place it in one of the matching lined envelopes. You'll find handy compartments under the lid for storing pens, pencils, clips, etc. in the sturdy molded plastic tray. Write comfortably on your lap, from armchair, bed on plane or train, even in the tub. Complete with a 15-yard roll plus 50 matching envelopes. **FREE** pen included. 13"w x 10"d x 3½"h. **$14.97 plus $3 p&h. Refill Pack:** 15 Yard Roll + 50 Envelopes **$2.97** each set (3) for **$8.27 Order from J. W. HOLST, Inc. address below.**

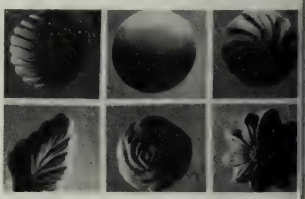
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Faster and handier than any dictionary, aid to businessmen and professionals, students, secretaries. Puts a world of words right at your fingertips. The 6,000 most commonly misspelled words are correctly spelled, divided and accented. Works on touch method. Press down release tab with pointer on first letter of word wanted. In a flash find your answer. No pages to turn. For every home, or office. Great Gifts. $4.97 plus $1. p&h, two for $8.97 plus $1.50 p&h.



Send Check or M O 15 day money back guarantee

J. W. HOLST, Inc. Dept. BH-29, 1118 W. Lake, P.O. Box 370, Tawas City, Mich. 48763



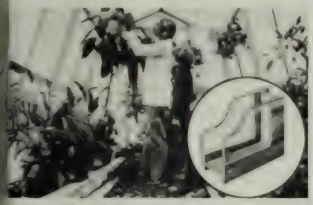
Pure rubber candy molds

Professional mints in minutes with free no cook recipes incl. Daisy, Rose, Leaf, Fancy Plain or Corrugated, Ea. 99¢; 3/$2.80; 6/$5.5 + $1.50 post. (CA res. add tax.) Cat. 50¢ free with order. Judy's Specialties, Dept. 287 Box 728, 317 N. Second, Lompoc, CA 93438



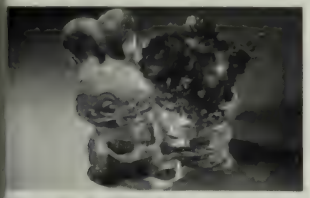
Curtains with gingham ruffles

White with ruffles in Red, Yellow or Light Blue (specify). 80"W pr.: 50% ctn & poly. 45" 54", $14.50 pr. 63" 72", $17. 81", 90", 120. Swag: 37" x 90" Wide, $8.50 pr. Add $2 post. Catalog free. Country Curtains, Dept. HG2, Stockbridge, MA 01262.



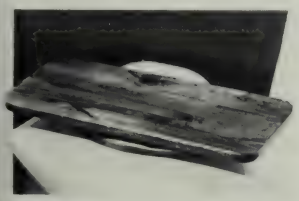
Solar greenhouse

Saves energy with unique double-wall construction which requires 60% less heat. Pays for itself in heat savings alone. All models and sizes, 5-year warranty. Color brochure 50¢. Vegetable Factory, Inc., Dept. BHE-2, Box 2235, Grand Central Sta., NY 10017.



Bunny with basket

Heavy solid crystal. Basket shaped & sized to display one decor egg, to fill with jelly beans or flowers. 4½" high, basket 1⅛" across, inside depth 1⅛". #9398, $14.98 + $1.25 post. Lillian Vernon, Dept. H2E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



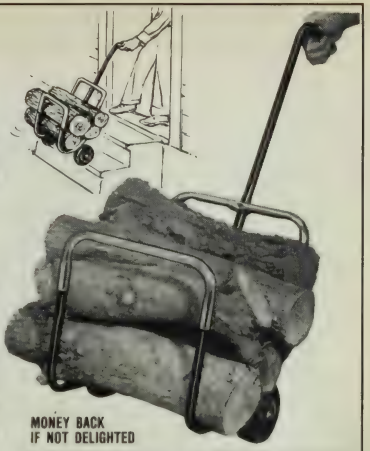
T.V. Susan

Felt-bottomed; swivels. Holds almost any set. 13¾"H x 10"W x 10½"L in solid pine. Unfin., Reg. $11.95; now $9.95. Fin., Reg. $14.95; Now $12.95. Add $2.75 post. ea. (Order before 3/31/79 for sale price.) Yield House Dept. D92Y, Box 1000, N. Conway, NH 03860.

ROLLING LOG-MOBILE

EVEN GOES UP & DOWN STEPS

$14.98 PLUS $2.45 POSTAGE



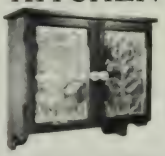
LOG-MOBILE is a log porter on wheels that lets you enjoy your fireplace like never before! No more back-breaking, dirty hauling of logs. Simply place logs onto the Log-Mobile, and off you go! Wheel a big supply of logs in from patio, garage or basement effortlessly . . . even goes up and down stairs like a dream because of its special design and big wheels. Strong metal construction, attractive brass and black finish. Comes apart for easy storage.

MONEY BACK IF NOT DELIGHTED

Send to: HARRIET CARTER GIFTS
Dept. BHG-14092
Plymouth Meeting, Pa. 19462

Please send me _____ Log-Mobile(s) at $14.98 plus $2.45 shipping & handling each.
☐ Check or money order enclosed.
☐ Mastercharge ☐ Visa ☐ American Express.
_____ Expiration Date _____
(Please ✔ method of payment above.)
Print Name _____
Address _____ Apt. _____
City _____
State _____ Zip _____

Build this old-fashioned KITCHEN SAFE



SOLID REDWOOD. HANGS ON WALL OR . . . PLACE ON COUNTER TOP.

Remember Grandmother's goodsmelling "pie safe?" Our NEW replica is scaled to fit today's modern kitchens. Just the right size to hold a loaf of bread plus other tasty goods. Two 5⅜" deep shelves, hinged doors, porcelain knobs. Solid redwood parts are predrilled, grooved and cut for easy assembly. Antique-look metal doors are fun to do with easy pattern provided. All hardware, stain, varnish, etc. included. 12¾"W, 6½"D, 12½" H. Satisfaction Guaranteed.



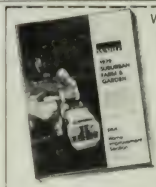
FREE Catalog Included.

WOODCRAFT COLLECTION
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Please send me postage-paid _____ Kitchen Safe Kit using Solid Redwood. $17.95 each. 710335. Enclosed is my check, money order or Master Charge/Visa Number (please include expiration date) for $_____.

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☐ Please send my FREE Woodcraft Collection Catalog only. W-25 ND2/ND3



Wards 1979 Suburban, Farm & Garden Catalog . . . great for suburban and country living—perfect for do-it-yourself-ers!

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The Most Beautiful Dutch Bulb Catalog You Have Ever Seen!

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☐ **Please!** Rush my FREE money-saving Holland Bulb Catalog with my special $1.00 Discount Bonus coupon.

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The Man Next Door®

Although I can't see where, Chris claims that she put on a few unwanted pounds because of all the holiday feasting. Looking at her profile in a full-length mirror, she sighed, "You know, you really lose something when you gain something."

Judy complains that you can always tell when Burt, Jr., has been in the bathroom because there's water all over the place. Bud defends himself by saying that he goes in there to wash, not to get dry-cleaned.

Dot Dresh calls herself a rare and endangered species. Rare because she's the only person around who hasn't had a garage sale; endangered because if she doesn't have one, she'll be suffocated by her possessions.

According to Isabel Norman, her recent stint as a public opinion pollster was interesting but she found it awfully difficult to refrain from correcting those who "obviously had the wrong opinion."

Now that our newly elected public officials have been sworn in, Grandpa Hillis reminds us that during campaigns, most politicians appear pretty much alike. Then he adds, "But, you know, salt and sugar also look alike. However, if you don't stir the right one into the cake, you end up with a mighty bad-tastin' mess!"



"But I don't want to be turned into a prince. I want you to accept me for what I am."

"You've got more coupons than money in your purse," I remarked to Christine the other day. "Well," she explained, "Look at it this way; a handful of those coupons equals the price of a good steak." Now I help her watch for and clip the coupons.

Grumpy Ned Carter says he can remember the day when health foods were simply groceries.

Hank Meyers, eight, says he can't understand why his mother complains that the evening grosbeaks eat all the sunflower seeds she puts out on the feeder. "Who's she saving them for?" he asks.



The McKeens are so new to the neighborhood that I hadn't even met them when their name caught my eye in the paper. It seems Vicky McKeen, 13, had been hospitalized with multiple injuries after a Friday night freeway accident. I related the story over a quick Saturday lunch.

"Must be especially hard," Chris observed, "having something like that happen when they've just moved in and they don't know anybody."

"Is that cake for lunch, Mom?" Burt, Jr., had spotted the newly baked cake cooling on the counter.

"That cake is not to be touched," Chris announced firmly. "It's for bridge club tonight."

I checked the time. "I've got to go or I'll be late for an appointment."

Chris got up from the table. "And I've got to get some shopping done."

"Got to go, too . . . basketball game," Bud said as he gulped the last bite of his lunch.

"What are you doing this afternoon, Judy?" I asked.

"Don't know yet, Dad." Her reply was pensive.

I returned home late in the afternoon to find Judy scrubbing pans and Chris scolding. "This kitchen is a mess! What on earth did you cook, Judy?"

"A big pot of chili," Judy muttered.

"Well, at least we can have chili for supper since we're all in a hurry."

"There isn't any left!"

"None left! What did you do with it?" Chris asked in amazement.

"I took it to the McKeens." There were big tears in Judy's eyes as she turned to her mother. "Well, isn't that what you're supposed to do when somebody hurts? Let them know you care?"

There was silence in the kitchen for a long moment. Then Chris took Judy in her arms. "Judy, you're all love!"

As we left for the club meeting, I carried the cake out into the chilly night. Chris whispered, "Thank God for children."

She took my arm. "Let's drive by the McKeens. There will be enough cakes at the party without this one!"

Burton Hillis



Electrasol. Nothing cleans the Dry-Hards better. Nothing at any price.

This isn't trick photography.
It's the before and after of a Dry-Hard problem solved by Electrasol. It shows how Electrasol cleans those stubborn Dry-Hards; dried-on food soils that stick and stick.

First we let blueberry pie dry on a dessert dish overnight. Then we washed it with Electrasol.

The result? A dish you can be proud of.

And Electrasol's unique formula of cleaning agents does more than clean the Dry-Hards off the dishes. It helps get glasses and flatware shiny clean, too. Nothing cleans the Dry-Hards better. Nothing at any price.



Good Housekeeping

Golden Lights™ 100's



Only 10 mg. tar

0.9 MG. NIC.

Taste 'em. You won't believe they're lower in tar than all these 100's:



19 MG. TAR 1.2 MG. NIC.

17 MG. TAR 1.1 MG. NIC.

19 MG. TAR 1.4 MG. NIC.

11 MG. TAR 0.7 MG. NIC.

12 MG. TAR 0.8 MG. NIC.

19 MG. TAR 1.1 MG. NIC.

18 MG. TAR 1.3 MG. NIC.

11 MG. TAR 0.8 MG. NIC.

16 MG. TAR 0.9 MG. NIC.

Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or FTC Method. **Of All Brands Sold:** Lowest tar: 0.5 mg. 'tar', 0.05 mg. nicotine av. per cigarette, FTC Report May 1978.
Golden Lights: 100's–10 mg. 'tar,' 0.9 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health

CIRCULATION 8,000,000
March 1979 • $1

Better Homes and Gardens



OOD: How
o make the
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OLAR HOME:
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TATTING

Reflowering of a gentle craft

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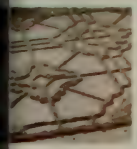
ARMSTRONG DESIGNER SOLARIAN
THE ONLY NO-WAX FLOOR WITH THE RICHNESS OF INLAID COLOR.™



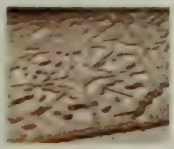
For the great new ease in living . . . The Great Room. A big, beautiful merger of kitchen-dining-family rooms. And the great floor for The Great Room . . . Queensbury Designer Solarian, pattern 89410

INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

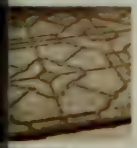
vinyl floors have their colors and pat- just printed on. But Designer Solarian is nt. And that difference is called Inlaid It's Armstrong's exclusive process that s up the color and pattern with ands of varicolored vinyl granules. The is a richness of color and a uniquely ed" look that no printed flooring can to match.



lor begins with the placement of ent granules onto



gradually building up the design—color by color, shade by shade.



e pattern is e, intense pressure s are applied ir into a solid inlaid vinyl.



And when the Mirabond® wear surface is applied, the Inlaid Color is sealed with a lasting protection and shine.

ANOTHER BEAUTIFUL DIFFERENCE THE NO-WAX SHINE THAT LASTS LONGER.

t no-wax floors have ordinary vinyl sur- s which soon dull from scuffs and ches. But Solarian has Armstrong's ex- ve extra durable Mirabond wear surface h—along with protecting the Inlaid Color attern—keeps its lustrous "like-new" thout waxing far longer than ordinary faces. And by eliminating the waxing Mirabond makes Solarian the easiest mstrong floors to care for. To keep it nd shining, just sponge-mop with de- and rinse thoroughly. Or ask your re- r our new Once 'n Done™ *No-Rinse* r, developed especially for Solarian If a reduction in gloss should occur in affic areas, Armstrong Suncoat™ can ed to help maintain the shine.)

END FOR OUR NEW FREE BOOKLET, "HOW TO BUY RESILIENT FLOORING."

pages of valuable information for the shopper and illustrations of all of to- nost popular Armstrong floors. For your opy and names of your nearest retail- ite Armstrong, Dept. 93FBH, Lancaster, 3604.

Armstrong

REATORS OF THE INDOOR WORLD®



GOT A CEILING PROBLEM?

COVER IT UP! DRESS IT UP! QUIET IT DOWN! WITH AN ARMSTRONG SUSPENDED CEILING.

Whatever your ceiling problem—covering up an old or damaged ceiling, adding a new room, or finishing off a basement—an Armstrong suspended ceiling is a problem-solver with style. Beautiful. Washable. Fire-retardant for extra protection. Acoustical to help quiet down any room.

Best of all, with an Armstrong suspended ceiling, like Bravada shown above, solving your ceiling problem is a do-it-yourself project. There are no staples or glue to mess with. The big 2'x4' ceiling panels simply drop into the handsome accent grid.

See our new suspended ceilings now under "Ceilings" in your Yellow Pages. Or write to us.

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Please send me, free, your new consumer guide to ceilings.

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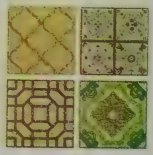
Now, do it yourself and save with the Sunny No-Wax Floor that comes in a box.



Less than $
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10' x 12' roo

You can have the no-wax convenience and sunny shine of an Armstrong Solarian® floor sooner than you think.

With self-adhering Armstrong Solarian Tile you can do it yourself...and save on installation costs! Just peel off the paper backing from each tile...place... and press. In just a few hours you'll have a beautiful Solarian floor that shines without waxing far longer than ordinary vinyl floors.



So why wait? Get the sunny Solarian floor that comes in a box. Choose from a wide variety of colors and patterns...available now from your nearby Armstrong retailer, listed in the Yellow Pages under "Floor Materials."

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CREATORS OF THE INDOOR WORLD®

You are looking through a glass washed in Dishwasher *all*.



Clean. Clear. Spotless as can be. Because Dishwasher *all* has a built-in rinse agent formula. If your glasses don't look like this, it's time you started using Dishwasher *all*.



Earth Care®. We challenge any plant food to measure up.

Spectrum's Earth Care is the best soluble plant food ever—for virtually all indoor and outdoor plants! It's the perfect, professional blend of nitrogen, phosphorus and potash, fortified with iron and manganese.



And for plants with iron deficiencies, there's Earth Care Plant Iron Tonic. So pick up a tub of Earth Care today. You'll start getting "measurably" better results tomorrow. And no other plant food can meet that challenge.

Spectrum® lets the good things grow.

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The first air freshener so effective it fights odors two ways. New Twice as Fresh.



Freshens better than a solid. (and longer-60 days)



Kills odors fast like a spray. (just wave)



"You won't believe you did it. But you did!"

–Homer Formby
3rd generation antique refinisher

Refinishing furniture used to be a messy, time-consuming job that nobody wanted to tackle.

Homer Formby has changed all that.

With Homer Formby's products, refinishing is no longer drudgery, but a delight.



Imagine a system so simple that you'll look forward to refinishing.

Imagine a system that's practically foolproof. So even your very first project will look professionally refinished.

Imagine a system so fast that a whole roll-top desk can be refinished in half a day.

Refinishing. From start to finish.

Pour some of the Furniture Refinisher into a metal tin. Dip your steel wool in. (Use Homer Formby's steel wool, because it's low in abrasion and oil content.) Now rub your steel wool over a small portion of the piece. *You don't have to rub hard!* Almost instantaneously, you'll see the old finish dissolve away. Old discolored varnish, shellac and lacquer are melted away.



Most important, the Furniture Refinisher does not remove the wood's patina. Patina is what gives fine old furniture that rich glow and warmth. It also adds value.

Patina can only be developed over the years. If you strip your furniture, you strip away that patina.

After you've refinished the piece, go over one more time with clean Refinisher. Rub with the grain, to remove any streak

Then, go over the piece with dry steel wool, to prepare t surface for Tung Oil.



Homer Formby's Tung Oil seals your furniture. Ordinary varnish is brushed on top. Tung Oil is hand-rubbed in. Hand-rubbing is the way master craftsmen have done it for centuries. And Homer's Tung Oil is made so it's easy for you to get that hand-rubbed look. Now you're finished. There's no sanding, stripping, staining wood-filling.

You've got a prize right under your eyes.

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So get started right away. Remember: you've got a prize ri under your eyes.

Formby's®

No one knows wood as good

Team up against bathroom dirt and germs with

The Cleaning Team from Lysol®

Lysol® Basin/Tub/Tile Cleaner
The only foam that's Lysol.



Lysol Basin/Tub/Tile Cleaner foams away dirt. Cleans and shines without scratching.



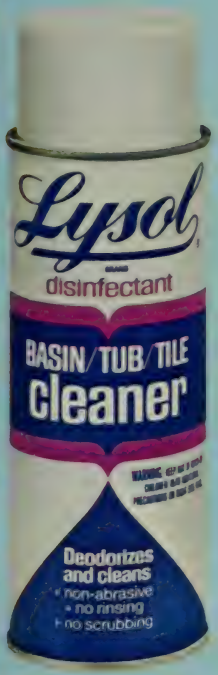
Foams away soap scum. Leaves no gritty residue.



Removes mold and mildew on shower tiles.



Kills household germs, including germs that cause odors. Leaves the whole bathroom smelling fresh and clean.





Save up to 75¢ on the Cleaning Team!

Lysol® Toilet Bowl Cleaner
The one that cleans the whole bowl.



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On the sides. Brush away hard water streaking.



Under the rim. Lysol has a directional spout for full-strength disinfecting even under the rim.

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Real chocolate and fresh, natural ingredients ...that's why Brach's chocolate candies taste better.



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BRACH'S

For all the good things in candy look for the familiar Brach's stripes

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General Mills, Inc., Box 217, Minneapolis, MN 55460

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Only one disposer gives you a Wham Jam™ button.

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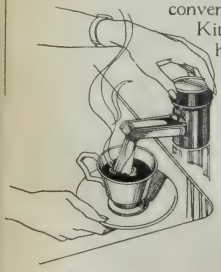
And that sure beats calling a plumber to get the thing unclogged.

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The fact is, if you compare a KitchenAid disposer with other makes, you'll find that the KitchenAid comes out ahead.

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Because it's worth it.
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In 1910, Eileen Davis was so enthusiastic about going into the tunnel of love with Richard Anderson,

she absentmindedly lit up a cigarette.

Mr. Anderson dampened her enthusiasm.

You've come a long way, baby.

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An American bartender, Fernand Petiot, working in Paris during the early 1920's, invented the Bloody Mary. And when he returned to New York several years later, his drink became the rage of the age. Happily for us, TABASCO sauce was a part of this exciting recipe.

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Lysol eliminates cooking odors. Cleans odors right out of the air. Has a fresh, clean scent that never lingers.



Prevents mold and mildew, when sprayed every day on shower curtains and tiles.



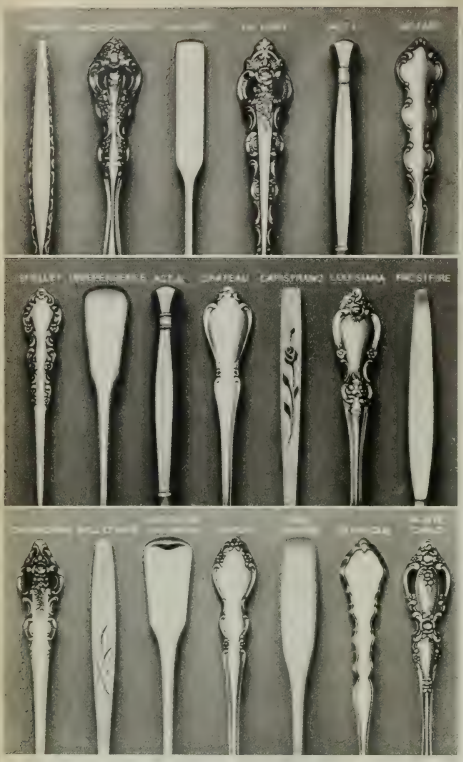
Kills athletes foot fungus on the shower floor.



Kills germs in the diaper pail. Including germs that cause odors.



Have you used your Lysol Spray today?



Stainless sample $1.

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- ☐ Da Vinci
- ☐ Dover
- ☐ Frostfire
- ☐ Independence
- ☐ Louisiana
- ☐ Michelangelo
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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
MARCH, 1979; VOL. 57, NO. 3

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70% OF ALL CAVITIES HAPPEN IN BACK TEETH AND BETWEEN TEETH WHERE BRUSHING OFTEN MISSES.

Fluorigard™ Dental Rinse puts cavity-fighting fluoride where the danger is.



There's a better way to fight these "Danger Zone" cavities. Fluorigard Dental Rinse.

If your child still gets cavities, even with regular brushing, Fluorigard Dental Rinse can help. It's a dramatically different approach to cavity prevention. Simple. Inexpensive. But with proven success.

Fluorigard is fluoride in liquid form. So it helps get cavity-fighting fluoride to back teeth, as well as front teeth; even floods those dangerous spaces between teeth.



You may have seen this demonstration on TV. Say this picket fence is your teeth. Brushing the front is easy. But the danger is between teeth and in back teeth where 70% of all cavities happen.



Fluorigard, a liquid, can get in between and to back teeth where brushing often misses.

Cavities reduced up to 50%.

In clinical tests with school children, dental rinses like Fluorigard, used once a day, reduced cavities from 27% to 50%. No wonder many dentists are now recommending Fluorigard.

Easy to use and good tasting.

Since Fluorigard is a rinse, children find it easy to use. And they enjoy its fresh, minty taste.

Remember, just one rinse a day after brushing gives your children extra protection.

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Your Joy shows.







You'll notice it first at the sink. Lemon-Fresh Joy® cleans your dishes right down to the shine.

You'll see it again when you set your table. Plates washed in Joy say something kind of nice about you.

And finally, when you all sit down to a meal, your company may just sit up and notice how shiny your dishes are. Because when something's done right, it just has to show.



On your dishes. on your table... your Joy shows.

What a nice reflection on you.

MONEY Margaret Daly



SHOULD YOU TAKE ON A SECOND MORTGAGE?

Most likely your home has risen dramatically in value over the past few years, so you have substantial equity to show for your original investment. Though you can't cash in directly without selling your house, the increase in equity does give you lots of borrowing power.

Suppose you need $10,000 or $20,000 or more for a major home improvement, the kids' education, or a business venture. It may or may not make sense to take out a second mortgage against the house. Here's what to consider:

What is a second mortgage?

With a second mortgage, you're using your home as collateral for a loan, just as you did with your first mortgage. In other words, you're putting your home on the line to get money. If you anticipate a squeeze on your income or a big rise in your expenses during the next few years, a second mortgage (or any major new loan) may not be wise. Think over all the advantages and disadvantages carefully. Second mortgage loans are legal in 34 states at present, and other state legislatures are in the process of changing regulations to allow second mortgage loans, too.

Although consumer finance companies write most second mortgage loans, more and more banks, savings institutions, and even credit unions are offering the loans now. First you should check with the institution that holds your mortgage, but be sure to compare the possibilities at other institutions as well.

Generally you can borrow up to 75 or 80 percent of your equity—what your house is worth today, minus what you owe on it—though some lenders set a ceiling of $15,000 or $20,000. Suppose you bought your house for $28,000 11 years ago. You put $8,000 down and took out a $20,000 mortgage. Today that house is typically worth $59,000, and you still owe $15,000. Your equity, then, is $44,000 ($59,000 minus $15,000), and you could probably borrow up to $33,000 or $35,200 on a second mortgage (75 or 80 percent of the equity).

What terms do you get?

From the lender's point of view, a second mortgage is riskier than a first, since the first-mortgage holder has prior claim to the property in case of default. As a result, a second mortgage will cost you more in interest—typically an annual percentage rate (APR) of between 12 and 18 percent, depending upon the lender, the law in your state, and how much equity you have in the house.

On a second mortgage you won't face such major, up front charges as the "points" that you sometimes must pay for a first mortgage. There *will* be fees for such matters as a title search and title insurance, though the total rarely exceeds $250 or so.

Second mortgages generally last from five to ten years, and they'll add a hefty additional payment to your other monthly costs such as first mortgage payments and other ongoing expenses.

On the other hand, there are usually no prepayment penalties for a second mortgage if you want to pay it off early. Some lenders do include a penalty clause, though, so watch for it. In fact, all such matters should be discussed in detail before you sign the deal. It may be wise to have your own lawyer look over the agreement.

Why take out a second mortgage?

Most people use second mortgages to help finance major expenditures such as extensive home improvements, college tuition, or consolidation of major debts. A second mortgage can also provide you with the leverage to get into a new business—often real estate property.

In addition, a second mortgage can help out when you want to assume the existing mortgage on a house you are in the process of buying, or when you want to "bridge" that financially vulnerable time between the purchase of a new home and the sale of your old home.

For instance: You might want to buy a house and assume the mortgage because the interest rate on the existing home mortgage is lower than current new mortgage rates, or you want to reduce the expense of closing costs.

Perhaps it would require $25,000 to take over the owner's mortgage, and you have only $18,000. A second mortgage lender might lend you the extra cash you need—in this case, $7,000. Many lenders will offer a second mortgage as high as 50 percent of the difference between the current appraisal value of the home you're buying and the existing mortgage balance.

Suppose, instead, that you have

continued

continued

Should you take on a second mortgage?

found the new home you want but haven't been able to sell your present home yet. In that case, a second mortgage lender might give you a short-term "bridge" loan, allowing you to borrow against the equity in your present home in order to purchase the new home.

Most lenders will give you a loan for up to 50 percent of the equity on your current house, or even up to 50 percent of the combined equity in the old house and the new. Once you sell the first house, you should have enough cash to pay off the bridge loan.

Both assumption and bridge loans are usually limited to amounts over $5,000 and cost between 15 and 18 percent APR. Most assumption loans can run up to seven years, bridge loans up to 12 months.

Look for other loans first

Never take out a second mortgage without first shopping around. Here are several alternative sources.

- Government-insured education loans can run just seven percent APR, and even lower if you can demonstrate true financial need. However, those loans are not always easy to get.
- FHA Title I home improvement loans can be arranged for up to 15 years and $15,000 at no more than 12 percent annual percentage rate. These loans must be used for home improvements, however.
- Installment loans can run anywhere from 12 percent or so up to 28 percent APR or more these days.
- With personal loans, your bank account or securities are often used as collateral. A personal loan can be lots cheaper than a second mortgage, but you tie up the assets and cannot use them for other purposes.

Note: You may *not* get a second mortgage with the idea of putting the money into a tax-free investment such as municipal bonds. The IRS considers that "double dipping"—incurring a tax deduction (the interest on the loan) in order to get a tax advantage.

Why not refinance the house?

Refinancing will cost you more in the long run, even though it may make your monthly payments smaller than they'd be if you took on a second mortgage. Figure the difference very carefully, both for total costs and the impact on your monthly budget.

Let's take the house you bought 11 years ago for $28,000 that is now worth $59,000. You borrowed $20,000 at 6¾ percent for 25 years. You have paid a little more than $5,000 on the principal and still owe $14,992.75. Your monthly payments on your present mortgage are $138.18 and will continue at that rate for the 14 years that remain on the mortgage.

Now you need to borrow $10,000. And you're considering two possibilities that can be paid off completely over the next 14 years:

- Refinance your present mortgage to raise the additional $10,000. The new mortgage will bear a 9¾-percent interest rate.
- Keep your present 6¾-percent mortgage and take out a second mortgage for $10,000. Typically second mortgages run for five years (often up to ten) with a 16 percent APR.

Refinancing would cost you $45,916 (monthly payment $273.31) total over the 14 years.

Taking out a second mortgage for five years while you are maintaining the original mortgage for 14 years would cost $37,805.64 ($381.37 per month while you're carrying both the first and second mortgage, then $138.18 for the remaining nine years). That's a considerable saving—$8,110.36 less than the cost of refinancing.

Take other factors into consideration as well before deciding which arrangement is best for you. For example, you will have a bigger tax deduction for interest over the long run when you refinance. On the other hand, you'll have a bigger deduction to begin with under the second mortgage plan—a fact that could be important if you both plan to work during that time.

Note also that your outgo drops significantly after the second mortgage is paid off. That could be important if you anticipate lower income later (such as one breadwinner dropping out of the job market) or higher expenses then (such as college costs).

Finally, refinancing may cost more since there may be hefty new closing costs—possibly lots more than the standard fees required when you take out a second mortgage.

What are the problems?

First of all, be very sure you can handle the extra cash outlay each month for the duration of the second mortgage. After all, you're putting your home on the line. Even if you keep up your first mortgage payments, the second mortgage holder is free to call his loan if you default on his payments. This means you might lose the house anyway.

Second, remember that this money is not cheap. Do not take out a second mortgage unnecessarily. Shop for another, less expensive loan first. Don't take out a loan of this duration for short-term purposes, such as a big vacation. You want lasting value for your money, say an improvement to your home or a college degree.

Don't use a second mortgage for a consolidation loan to pay off anything but major debts such as significant medical costs that came on top of other big expenses.

Third, watch out for hidden costs. Get all the information you can in advance about processing and closing costs, and make sure you understand who pays what. (Some companies require that their lawyer be present but paid by you.) Be aware of any prepayment penalties, too.

Fourth, shop for rates. The difference of one percentage point can be considerable.

Take that $10,000 loan over five years at 16 percent: Your monthly payment would be $243.19, your total interest expenses $4,591.40. That same second mortgage loan at 14 percent would cost you $232.69 a month, for a total of $3,961.40 over five years. At 17 percent, costs would be $248.53 and $4,911.80 overall.

Fifth, compare time spans and take the shortest loan you can handle. With that 16-percent, $10,000 loan over five years, you would save $987.72 if you took four years to repay instead ($283.41 a month, $3,603.68 interest overall). For six years, it would cost you an additional $1,026.84 ($5,618.24 overall), though monthly payments would drop to $216.92. ■

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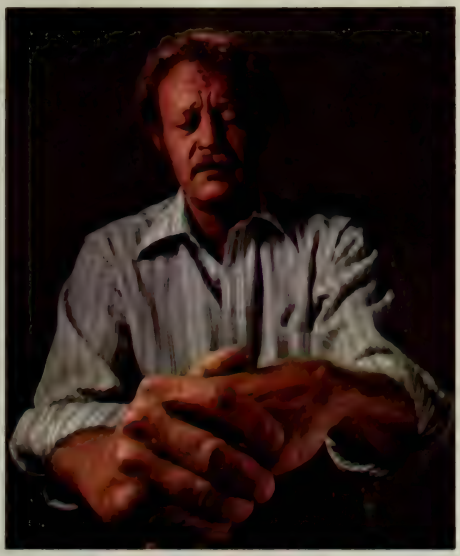
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COULD A PAIN CLINIC HELP YOU?

Pain is your body's way of telling you that something's wrong. *Acute* pain from an inflamed appendix, a decayed tooth, or an arthritic hip is a *symptom* of disease. Usually, as soon as the injury heals or the disease is cured or under control, the pain goes away.

***Chronic pain,* however, is a disease itself, and it afflicts more than 40 million Americans. Not only do they suffer pain, but they suffer from many side effects. For the person with chronic pain, life becomes an almost endless succession of doctors, operations, and medications that provide no relief. Indeed, chronic pain is often made worse by unnecessary treatments.**

Unfortunately, the complaints of these people have all too often been dismissed with a casual "It's all in your head," or "You're just going to have to live with it. There's nothing else to be done."

Today, that sort of indifference no longer has to be the last word. Treatment for chronic pain is now available in a number of medical havens called pain clinics.

Could a pain clinic help you or someone you know? Here's some information and advice to help you make that decision.

Q—How does chronic pain differ from acute pain?

A—Chronic pain is unlike acute pain in most ways. (One pain expert says, only half in jest, that "everything you do for acute pain makes chronic pain worse, and vice versa.") Among the differences:

- **Duration.** Most acute pain is the result of trauma (a surgical incision, a broken leg, a wrenched back) that should take no longer than three or four months to heal. If the pain continues after the normal course of the disease has been run, and if all accepted and appropriate medical treatments have been exhausted, then the pain can be termed chronic.

Pain that accompanies diseases such as cancer and arthritis obviously lasts longer than four months and is therefore chronic. But persons afflicted with cancer or arthritis pain usually don't seek treatment at a pain center during the early stages of their disease because treatment for the disease itself includes treatment for the accompanying pain.

The most common kinds of chronic pain treated at pain clinics are low backache and sciatica, headache, trigeminal neuralgia (shooting facial pain usually experienced by older people), phantom limb pain that occurs after amputation, and muscle and joint aches.

- **Influence.** Chronic pain comes to dominate the patient's life. However hard he tries to divert his attention elsewhere, pain always intrudes. Eventually, pain and the search for relief become the central focus in the victim's life.
- **Side effects.** Chronic pain has its own set of side effects including: depression (sometimes to the point of suicide), irritability, inability to work (which creates apprehension about one's ability to support self and family), invalidism, and drug dependency.

Q—Is chronic pain a mental state?

A—No. For years, doctors assumed chronic pain was caused by either something mental *or* something physical. Today it's agreed that *many* physical and psychological influences affect the perception of pain. Dr. David W. Swanson of the Mayo Clinic's Pain Management Center says, "You can't separate the physical from the mental. Pain is pain, and there's no way to say: 'Forty-two percent of the pain comes from the extremity and 58 percent comes from the head.' Pain is a mechanism that has to be thought of in its totality."

Certainly the effects of chronic pain are far from imaginary. Dr. John J. Bonica, one of the nation's leading pain experts (he founded the first pain clinic at the University of Washington in 1961), says that pain costs Americans between 35 and 50 billion dollars each year for medicines, doctor and hospital bills, and lost wages.

Those statistics certainly establish that chronic pain is one of the nation's major health problems.

Q—What is a pain clinic?

A—A pain clinic represents not so much a facility as a philosophy of pain management or treatment. At the City of Hope National Medical Center in Duarte, California, physicians use the term "pain center." "Clinic," they say, implies only outpatient treatment for one or two types of pain. Their cen-

continued

Photograph: William N. Hopkins

continued

Pain clinics

ter—like many others, whether they're called clinics or centers—relies on a variety of treatment approaches to diagnose and treat many kinds of chronic pain. Clinic specialists usually include: anesthesiologists, neurosurgeons, orthopedists, psychiatrists, psychologists, physical and rehabilitative therapists, pharmacists, nurses, and dietitians. Dr. Bonica's staff of 20 includes 14 specialists.

Q—When do you seek a pain clinic?

A—Obviously you don't (and can't) check into the nearest pain clinic at the first twinge of a sore back. But, neither should you let pain continue unrelieved for years and years.

When conventional medical treatment fails, when you've seen several doctors without improvement, when pain begins to dominate your life, you can start thinking about seeking relief at a pain clinic.

Certainly if a doctor says, "This pain is all in your head," and you honestly know that you are not "imagining" your pain, then it's time to ask for referral to a pain clinic.

You can't admit yourself to most clinics. Your family physician will have to do that. And he'll have to supply your medical history and any pertinent X rays and test results to help pain clinic physicians decide whether they can help you. (Pain clinic physicians won't treat you if they don't think they can help, or if they think your family doctor is already providing sufficient and acceptable care, or if all forms of appropriate conventional medical treatment haven't been exhausted.) If you're rejected by a pain clinic, you'll have to accept the diagnosis and follow the recommendations that clinic physicians give you and your family doctor.

Q—What happens once I am accepted?

A—Most clinics have a waiting period that ranges from several weeks up to several months. Once you've been accepted, you may be asked many questions (often more than 100) about your family and medical history, and about your specific pain. Some clinics also ask you to keep an hour-by-hour diary for several weeks, detailing when you are active, sleeping, or taking medication. Clinics may encourage a spouse or relative to accompany you to contribute information that may help doctors evaluate your response (and your family's) to pain.

The number of pain clinics in the United States is growing rapidly. The American Society of Anesthesiologists compiled a list of more than 300 clinics across the country who have voluntarily registered with the Society. Your doctor can get a copy of the directory (it costs $4) by writing the Society at 515 Busse Highway, Park Ridge, Illinois 60068. (A word of caution: The directory lists clinics of all sizes, from one-man operations to major multidisciplinary clinics; be sure your doctor checks the services available before recommending a clinic for you.)

Q—What happens at the clinic?

A—Obviously, with more than 300 clinics, there is no standard pro-

continued

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continued

Pain clinics

cedure. Here's a typical routine. Once you've been admitted you'll be assigned a case "manager" to explain the clinic's routine and to schedule tests. You'll have a general physical examination and a detailed examination of the area of pain. The latter examination may include, if indicated, the use of nerve blocks (injections of anesthetics around certain nerves) to determine more precisely the nature of your pain problem.

Since your pain problem is chronic and has affected your life-style, you will be evaluated by a psychiatrist, a psychologist, and a social worker. The specialists use physical treatments to relieve pain and psychological counseling to help patients adjust their attitudes. Both are essential.

If you stay in a hospital (many pain clinics function on an outpatient basis) these examinations are usually completed within two weeks. It may take as long as a month if you're an outpatient. If you also have a drug dependency, you probably will be detoxified. Each day the amount of drugs you take is gradually decreased until—after a week or two—you are no longer dependent on drugs to ease your pain. In an amazing medical paradox, pain often disappears when drugs used to alleviate pain are eliminated.

At the City of Hope's pain center, patients are weaned of their drug dependence in a special way. All medications are given to a pharmacist to reconstitute. Then the medicine is put in a special capsule. The patients receive their medication at the same time, and all receive the same number of look-alike capsules (although some contain more drugs than others).

This elaborate regimen keeps patients from comparing the amount of medication they're taking with the medications fellow patients are taking. Also no patient can think his or her pain is taken more seriously than another's based just on the amount of medicine that is taken. And because the patient doesn't know how much pain medication he's actually being given, doctors are able to separate drug demands from pain complaints and gradually and safely withdraw the patient from drugs altogether.

Q—What treatments do pain clinics offer?

A—In their attempt to provide relief, pain specialists are willing to try many techniques—including some unusual ones. Among these are: external electrical stimulators, biofeedback, acupuncture, and behavior modification. Such techniques are not exclusively found in pain clinics, of course, but pain specialists are more likely to use them.

Most pain specialists will try almost all approaches before they resort to surgery to alleviate pain. At one clinic, surgery is performed on less than three percent of the patients. Dr. C. Norman Shealy of the Pain and Health Rehabilitation Center in La Crosse, Wisconsin, says that of the thousands of operations for chronic pain each year, less than half provide relief; all some patients get is scar tissue, and that just adds to the pain.

Some physicians believe electrical stimulation and acupuncture relieve pain by sending signals to a hypothetical pain "gate" in the spinal cord. The signals close the "gate" and block pain messages from reaching the brain. Some patients use a battery-powered stimulator that is attached to the skin over the pain area and is turned on as needed. The device sends a mild, but not unpleasant, electrical current through the skin, closes the "gate," and shuts out or reduces pain. The stimulator is most commonly used for low back pain and (as is the case in many hospitals) to ease pain from a recent surgical incision.

Biofeedback is used to help patients locate painful tension in their bodies and then to help them relax their muscles and increase circulation in the extremities (this is an effective technique for relieving pain from tension and migraine headaches). Dr. Lawrence E. Shulman of the National Institute of Arthritis, Metabolism, and Digestive Diseases thinks biofeedback and electrical stimulation devices may also prove helpful in relieving some types of arthritic pain.

Nerve blocks are used not only to determine exact sources of pain, but also to eliminate pain completely as in severe cases of neuralgia, pancreatitis, and liver or gallbladder pain.

continued



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continued

Pain clinics

Q—What about behavior modification and drugs?

A—Many clinics emphasize behavior modification or *operant conditioning*—rewarding healthful behavior instead of rewarding behavior that reinforces pain. Doctors and nurses may avoid asking patients how they feel, and discourage patients from talking to each other about aches and pains. If a patient begins to complain, the other patients, doctors, and staff simply walk away.

Wilbert Fordyce, Ph.D., of the University of Washington's Department of Rehabilitation Medicine, gives this example of operant conditioning. If a patient can walk 300 yards before pain develops, doctors may insist the patient walk only 250 yards. After a few sessions at 250 yards, the distance to be walked is gradually increased on a preset schedule that relates rest to the distance walked, not to the amount of pain. If the patient were to walk 300 yards and stop because pain set in, he would, in effect, be rewarded for complaining by being allowed to stop. And the doctor who prescribed the 300-yard walk would have contributed to reinforcing pain behavior. But a shorter walk rewards the patient (with rest) for healthful behavior.

The patient's family also must provide positive reinforcements at home and be wary of offering sympathy that can reinforce pain behavior.

For instance, Dr. Bonica recalls a middle-aged housewife who had fallen and hurt her back. In recent years, the husband had been busy with his job and had not paid much attention to her. After her injury, he began to do the dishes and the housework, and to give his wife extra attention. She liked the attention and continued to complain of a bad back.

Actually, the husband was reinforcing his wife's chronic pain behavior by encouraging her to stay in bed, long after the original injury had healed.

After she was admitted to the pain clinic, she was examined by the staff and told she could tolerate more physical activity, and a set of exercises was prescribed. Thereafter, the staff virtually ignored the woman when she complained or stayed in bed. But when she got up and was active, she received a lot of special attention and encouragement from the staff. Her husband was also made aware of the destructive effects of his behavior. The treatment lasted for several weeks and was expensive, but when the woman went home, she was able to resume an active life.

Q—What about exercise?

A—Some clinics place great emphasis on exercise, claiming significant results, even in cases where patients had been bedridden.

A 45-year-old commercial pilot from the Midwest could not work because of severe back and leg pain. Electrical stimulation provided no relief. But mental and physical training did—over a 21-month period. At the start, the pilot could barely walk, but gradually he worked up to jogging 20 miles a day, and doing 50 sit-ups on an incline board. He finally was able to resume his career.

continued



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continued

Pain clinics

Q—What about cancer pain?

A—The pain that accompanies terminal cancer deserves special consideration because cancer patients are more emotionally down than, say, someone recuperating from surgery.

Dr. Bonica thinks cancer pain is improperly treated by many physicians, largely because they have been taught to control pain primarily by the use of narcotics and are unaware of other forms of treatment. Often physicians under-prescribe because they're too concerned about addiction.

At pain clinics, physicians readily prescribe tranquilizers, sedatives, or strong pain killers for intractable cancer pain. Often the nerves that carry pain signals to the brain are surgically destroyed. This procedure sometimes impairs some motor skill functions. But most pain specialists believe that to relieve suffering, it may be better to impair movement somewhat than to drug the patient into a state of semi-consciousness.

Because the latest pain-relieving techniques known are available at pain clinics, Dr. Brian J. Lewis, special assistant for clinical affairs at the National Cancer Institute, recommends that family doctors treating cancer patients consider consulting a pain clinic—or referring patients there.

Q—What are the success rates at pain clinics?

A—Figures vary from clinic to clinic, and according to disease. Dr. Donlin M. Long, co-director of the Pain Treatment Center at Johns Hopkins Hospital, says total elimination of pain is unlikely, but 25 percent of the patients improve enough to do most of the things they want to do. Another 15 percent make good progress at the Hopkins clinic but experience some renewed pain when they return to their homes. The remaining 50 percent are helped somewhat less, and in varying degrees over a number of years. Ten percent reject all therapy. Dr. Long reports the most success with trigeminal neuralgia, cancer pain, and nervous system pain that follows a stroke.

At the University of Virginia Medical Center pain clinic, 65 percent of the patients with low back pain (who have never had surgery for the condition) find *some* permanent relief. The figure is only 35 percent for those who have had previous back operations.

Dr. Harold Carron, director of the Virginia center, says, "Some patients have made a career out of pain. They have been virtually everywhere for help; then they come in and challenge you to make them well. Actually, they must keep their pain because it serves another purpose for them."

Q—How much will a clinic cost?

A—Costs (and insurance coverage) vary widely. Two weeks of diagnosis and treatment as an outpatient will cost between $1,700 and $2,300 (hospital charges plus doctors' fees). Inpatient evaluation and treatment can cost from $3,000 to $16,000, plus physicians' charges. Physicians' fees frequently run between $1,000 and $3,000. You should check your insurance policy because some companies pay for inpatient care, but not for outpatient services. Your insurance may cover the cost of an electrical stimulator (an implantable type may run between $1,500 and $2,500). Pain treatment as a result of industrial injuries often is fully covered by workmen's compensation.

Q—What new developments are in sight?

A—Dr. Bonica says relatively little money is channeled into pain research. He calculates that of all money spent on medical research in this country, only .002 percent goes toward understanding and treating chronic pain. Why? Because, according to directors of many pain clinics, patients with true chronic pain don't get the sympathy they deserve from their physicians. Many physicians don't understand chronic pain, and their patients become hostile toward a health care system that doesn't meet their needs.

One promising discovery in recent years is that the human brain apparently secretes a morphine-like substance to help regulate pain. Laboratories are now working to better understand the role the substance plays in human pain. The hope is that it can be re-created as a non-addictive drug. ■

(Produced in cooperation with Jerry Udwin)



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BARRIER-FREE ROOMS FOR THE DISABLED



Almost half a million handicapped men, women, and children in this country are confined to wheelchairs. Thousands of the elderly must also depend on wheelchairs for mobility. All of these people must cope with a world designed for the able-bodied.

To help the handicapped, many public buildings today display the International "Symbol of Access"—a stylized silhouette of a person in a wheelchair. Wherever this symbol appears, it indicates general accessibility for the wheelchair-bound. Clearly, barrier-free design has made progress in public areas, but there is still one important place that has been overlooked: the home where the handicapped person lives.

To help fill this gap, the Iowa Easter Seal Society contacted Iowa State University and asked the school to participate in a joint effort. Ninety students in the Family Environment classes took on the assignment of creating designs for the home that would enable the handicapped to live independently.

As the students began their research, they discovered that many people confined to wheelchairs find it difficult to move about in their own homes. Today's smaller rooms are not designed to accommodate the wheelchair. To compound the problem, much of the standard furniture on the market does not meet the special needs of the handicapped. And custom-made furnishings and equipment are costly.

After extensive research, the ISU students compiled a list of criteria for clearance space and access in the home. Using this list of guidelines, each student planned a barrier-free two-room apartment that included areas for sleeping, dining, study, recreation, and entertainment.



Photographs: William Hopkins

With guidance from the Easter Seal Society, Professor Mary Pickett (standing at left) and students at Iowa State University designed a barrier-free living space for the wheelchair-bound. Students used a wheelchair themselves to help them better understand the problems the disabled face in their own homes.

Armed with this research data, the Easter Seal Society next enlisted the help of Younkers Store for Homes. The store agreed to create an economical and efficient model living space, based on the students' designs, where a person in a wheelchair could live independently. Emphasis was on adapting spaces found in an average-size apartment or home, and on using furnishings that are readily available in stores. Here are the criteria the design team followed.

Furnishings

The goal was to avoid a sickroom or institutional look in the furnishings and decor. This is an environment that anyone—handicapped or not—would find attractive and comfortable. Colors throughout are in restful earth tones. Upholstered seating pieces, storage units, as well as other furnishings, were chosen in a contemporary style that would be appropriate to any home.

Flooring

Deep-pile plush, shag, or sculptured carpet is difficult to navigate in a wheelchair. Carpet chosen for the model was a commercial grade with a tightly looped hard surface, smooth enough for a wheelchair to roll on easily, and durable enough to withstand friction. In addition, this type of carpet doesn't show tracks and is easy to clean.

To keep it from rippling under the wheels, the carpet was glued down from wall to wall, and no padding was used underneath. Also, no loose area rugs were used on the floors in the model rooms.

Seating

The seating selection called for a sofa and a pair of upholstered chairs with tuxedo-style arms that extend forward. A seated person can use the arms for support when pulling up to a standing position or when transferring to a wheelchair. Seats are at the recommended height of 16 inches above the floor—high enough to expedite the transfer. One chair is used in the living area, the other in the bedroom. (See pictures on page **34**.)

For upholstery, the class chose leather, a material that "breathes." Leather provides extra comfort for someone sitting for long periods, and the slick surface also makes it easy to slide into and out of the chair.

continued

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continued

BARRIER-FREE ROOMS FOR THE DISABLED



This model living area provides ideas for creating a barrier-free environment. Bob Reed, disabled in a swimming accident, demonstrates the practicality of a pedestal-base table for the wheelchair-bound.



The bedroom is outfitted with commercially available furnishings to accommodate wheelchair living. Here, Bob uses the low-hung mirror for grooming. Low-profile cabinets nearby store books and clothing.



Design: Don Huss, Younkers Store for Homes

A swivel base on the comfortable lounge chair facilitates the transfer from the wheelchair. The chair is covered in leather upholstery; the slick surface makes it easy to slide in and out of the chair.

Tables

A 28-inch-high party table, *above,* makes a good eating and work surface. The table is slightly lower than a standard dining table—high enough for the wheelchair to fit under it easily, low enough for comfort. The height, combined with a pedestal base, makes it possible to roll the chair close to the table on all sides.

Because a wheelchair-bound person's reach is restricted, a table wider than 42 inches isn't recommended. This one is compact, yet still large enough to serve as a dining or game table, or as a spot for spreading out work and hobby supplies.

Swivel chairs at the table are on casters so they can be moved easily to the conversation area.

Cabinets and chests

Storage units in both the bedroom and living room are low and extend to the floor so they won't tip over when a handicapped person leans or pulls on them for support. Open shelves provide easy access to books, and drawers are low enough to be reached easily from a wheelchair. One low, open chest was fitted with stereo equipment and topped with a portable television.

In the bedroom, both the two-door wardrobe and the closet (not pictured) have clothes bars placed so that a seated person can easily reach them. All storage pieces have recessed toe space to accommodate the chair's footrest.

Sleeping space

A platform bed is a good choice for the disabled, since it also has plenty of toe room beneath the recessed base. Most handicapped people find a double bed more comfortable than a twin size. The bed, *above,* is about the same height as a wheelchair to make transferring easy. It has a headboard that's high enough to provide adequate back support, yet low enough to be used as a grab bar when needed. The bedside table is about six inches higher than the bed, a handy height for a reclining person to reach. The bedspread is tailored and fitted, with no draped fabric that could catch in the wheelchair mechanism.

Walls and windows

Walls are covered with a commercial-weight vinyl wall covering with extra thick cushioning that can withstand bumps from the wheelchair.

Instead of curtains and draperies, mini-slat blinds were chosen. The blinds can be tilted open or closed by turning an attached wand device. The wand itself is longer than average to make it easier to use.

Accessories

The students chose lamps with switches on the cord, not on the lamps where they are more difficult to reach. If necessary, the switches can be worked by sliding them between the wrists, an advantage for someone with arthritis, for instance. Wall switches were placed so lights can be turned on before entering the room.

Throughout the model apartment, accessories such as pictures and mirrors are purposely hung at the eye level of a seated person.

continued

Buying information, on page 188

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Simple sponge mopping will usually keep your floor looking fresh. Congoleum Vinyl Dressing will provide a higher shine should a reduction of gloss occur in areas of heavier use. For complete maintenance and warranty information, see your local Congoleum retailer or write to Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.

Design shown #45060, available in 6' & 12' widths. Daydreamer sofa by Congoleum

Only Congoleum® gives you seamless flooring in rooms up to 15 feet wide. Seamless flooring that stays prettier, cleaner and newer looking.



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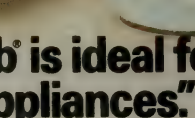
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The liquid cleanser with mild abrasives that cleans without scratching like scouring powder!



Cleans baked-on food



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continued

Barrier-free rooms

Open traffic lanes

Furniture in the model rooms is arranged to create barrier-free passageways for a wheelchair. A minimum space of five feet square is needed to turn a wheelchair around. Wherever possible, allow more clearance space.

If there is no ground-level entrance to a home, there should be ramps at all entrances. Doors that are excessively heavy are hard for a handicapped person to open. Doorknobs should be easy to grip; if they're not, they should be replaced by door handles.

While the Iowa State University students didn't design a kitchen or bathroom for the model living space, their design criteria did include practical suggestions for making these rooms workable and barrier-free.

Kitchen

For the wheelchair-bound, an L- or U-shaped kitchen allows the most convenient work sequence. There should be wide traffic lanes in the work area. Plan space for eating in the kitchen.

Sink height should be 30 to 34 inches from the floor, and the sink bowl should not be deeper than six inches. Placing a sink diagonally in a corner provides work surfaces and storage space at each side, all easily accessible to the wheelchair occupant. A recessed area under the sink will also make it easier to reach the work area.

Depth of counter work areas should be about 21 inches. It's a good idea to include some pullout lapboards for use as extra work surfaces. Only shallow cabinets and shelves are likely to be accessible from a wheelchair. To add stashing space, mount extra shelves on the backs of cabinet doors.

The student design team's research showed that a cooktop and wall oven (the latter placed low) are easier for the wheelchair-bound to use than a single range unit is. Cooktop controls arranged in a single row in front of the burners reduce the risk of burns. Warning lights that indicate a burner is on are important.

Bathrooms

Doorways should be at least 32 inches wide so that the bathroom is as barrier-free as possible. Bifold or sliding doors are better than swinging ones. For safety and convenience, locate the light switch outside the bathroom door.

The toilet should be placed so that there is no more than 18 inches from its center line to the nearest wall. There should be two horizontal grab bars on one or both sides at heights of 24 and 48 inches above the floor. The bars should extend from the rear of the bowl to about 12 inches beyond the front. Choose a seat with a flat (not crowned or dished) lid so that it can double as a backrest.

If the wheelchair-bound person is able to use a bathtub, a corner type is the most practical; minimum height for the rim is 18 inches. Install a horizontal grab bar four inches above the tub rim with three inches' clearance from the wall.

For more information on barrier-free designs for the handicapped, write to the National Easter Seal Society for Crippled Children and Adults, Chicago, Ill. 60612. ■

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A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM

No matter how much you tug and adjust your draperies, they still gap in the middle when you close them.

SOLUTION

Sew a disc-type magnet into both of the center hems. Then simply touch the two edges together to make a tight fit. (One caution: Be sure the magnets aren't so strong that they make it hard to open the draperies.)

B. L., Schenectady, N.Y.

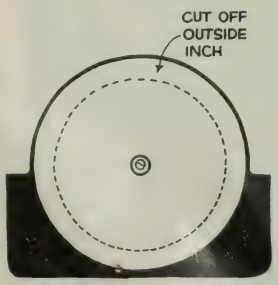
PROBLEM

When the outside inch or so of a sanding disc wears out or gets filled with paint, you have to replace it, even though the rest of the disc is practically as good as new.

SOLUTION

Buy a second rubber backing disc and cut it down so its radius is one inch smaller. Then cut down the used sanding discs the same amount and use them with the new smaller backing piece. Now you can get double life from your sanding discs.

D.W., Poland, N.Y.



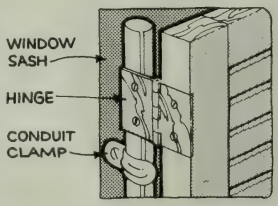
PROBLEM

You want to install shutters on a window that has a radiator in front of it, but the radiator is so tall that there isn't room for the shutters to swing past it.

SOLUTION

Mount each shutter onto a ½-inch dowel rod (pre-drill the screw holes), then fasten the dowels to the window stops with one-hole conduit clamps, as shown. (If the clamp is thicker than the hinge leaf, shim the hinge.) When you need to open or close the shutters, just slide them high enough to clear the radiator.

A. and J.S., Maywood, Ill.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

PROBLEM

You want to clean the condensing unit and coils on your refrigerator-freezer, but the attachments on your vacuum cleaner won't fit into the small nooks and crannies.

SOLUTION

Make your own attachment by inserting an 18-inch length of ⅜-inch copper tubing into the end of a one-hole rubber lab-type stopper that will fit into the end of your vacuum hose. Flatten the tubing slightly, turn up the end a bit, and you've got a long, slim hose extension that's tailor-made for those hard-to-reach spots.

F.K., Beardstown, Ill.

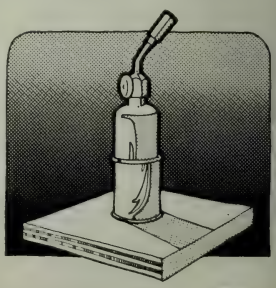
PROBLEM

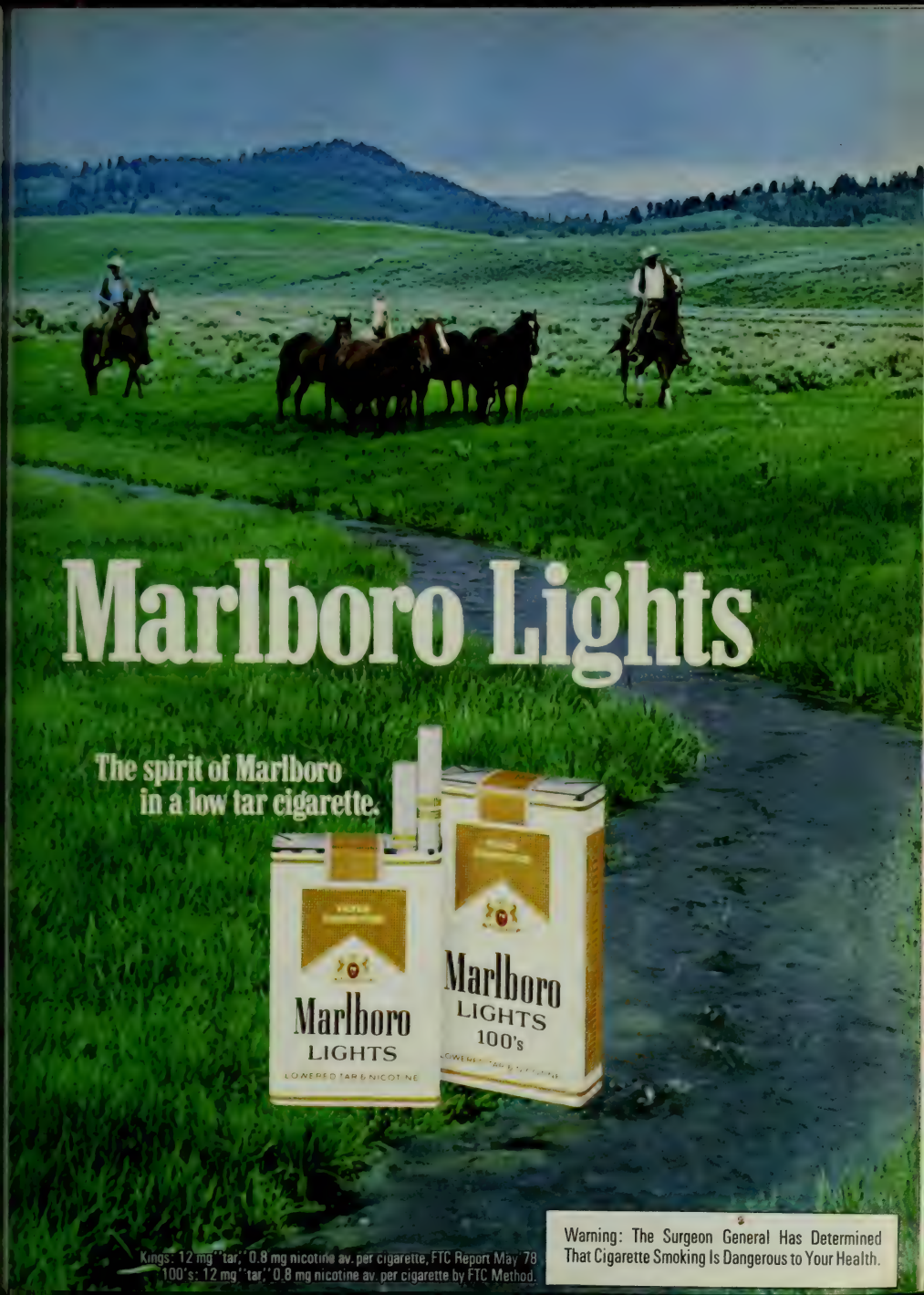
Like most propane torches, yours is top-heavy and often falls over when you hurriedly stand it up.

SOLUTION

Build a simple torch holder by rounding up a can with a slightly larger diameter than the torch base, then screwing the can to a scrap piece of ¾-inch plywood, as shown.

J.A., Jr., Logansport, Ind.





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Should your new house come from the factory?

Don't be too sure you're not living in a factory-built home right now. Only an expert can tell the difference between a manufactured house and the conventional site-built variety. And even if your entire house wasn't built in a factory, there's a good chance some of the components were. This year well over a million families will be living in homes that were built with some factory-built components. Another 325,000 will have bought a new home that was factory produced from the ground up. So, whether we realize it or not, the manufactured housing industry is playing a big role in providing shelter for us all.

If you're thinking of buying or building a new home, you'll do well to familiarize yourself with the types of manufactured housing available to you. There might be some attractive options you may not have considered.

What is a manufactured home?

Generally, it's one that's largely built in a factory, using specialized precision cutting and framing to produce a product of consistent quality. The home is then shipped to a building site where it is usually erected by a local builder/dealer.

The home manufacturing industry itself is made up of hundreds of firms, large and small, and thousands of other companies producing housing components. Each manufacturer offers a wide variety of design alternatives, and in many cases these designs can be customized to suit the buyer. The industry is standardized only to the extent that it uses production-line techniques. The design choices—exterior styles, floor plans, room sizes, finishes, and materials—are almost infinite.

Choose from three basic categories

Manufactured homes are marketed generally in one of three ways—as components, panelized packages, and modular or sectional homes.

Components. If a builder uses the component approach for all or any part of his homes, the units he will be working with are roof and floor trusses and interior and exterior wall panels. (Exterior panels have sheathing on one side; interior panels usually aren't covered at all.) These components are built at a manufacturer's plant and sold as a package to the builder. Most progressive builders today use components, even though the rest of the house is built on site. By using factory-built components, the builder is assured of precision construction and fitting, often at a lower cost to him than building these components himself on the job site. Many manufacturers also provide the builder with erection service, using truck-mounted cranes.

Panelized packages. Here, the factory-built method is carried much further. Though these packages also consist mainly of wall panels (as with the component system), the panels themselves are much more complete. They usually include sheathing, siding, windows and doors, and in many cases, factory-applied insulation.



Homes made from panelized packages offer almost unlimited design flexibility because they're based on standard-size wall panels that are usually eight feet high and anywhere from four to 40 feet long. And the panels can be ordered in a variety of exterior finishes and siding types.

When the inside of the panel is left unfinished, it is known as an *open-wall* system. The on-site builder adds his own electrical, heating, and plumbing paraphernalia to this product. The alternative is the *closed-wall* system in which the manufacturer installs all of the wiring, heat ducts, and plumbing pipes at the factory. After an in-plant inspection by a state-approved building inspector, the walls are enclosed with an interior finished wall surface—usually drywall or paneling.

(Speaking of inspections, all manufactured homes are built to conform to the most rigid building codes in the multi-state area served by the particular manufacturer. This assures potential buyers that their homes will always meet or exceed the requirements of local building codes.)

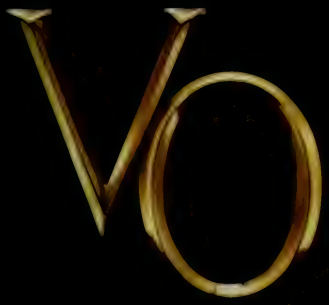
The producers of panelized housing fall into two categories—*custom* and *catalog* manufacturers. (Actually, many manufacturers cross the line and produce in both categories.) Working with a variety of standard-size panels, custom suppliers literally can create a home to your specifications. Catalog manufacturers, on the other hand, usually produce homes based on a number of designs in their catalogs. The homes they offer are usually designed by an architect and tested for livability before being included in the catalog. Options are numerous and include, among others, the buyer's choice of exterior siding (brick, wood, aluminum, or vinyl) and interior finishes (usually drywall or paneling).

Modular or sectional homes. The ultimate in factory-assembled homes, this type leaves the factory in sections. Each is a six-sided, three-dimensional module—12 to 14 feet wide, eight or more feet high, and 24 to 60 feet long.

At the plant, each section is completely assembled, right down to the bulbs in the lighting fixtures and the tile or carpeting on the floor. When the sections arrive at the building site, they're unloaded and joined together

continued

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continued

Should your new house come from the factory?



on top of a preformed foundation.

Several sections can be connected to form L shapes, U shapes, or virtually any other configuration imaginable; two-story designs are constructed simply by stacking sections or building the top floor in panels. Usually, a home is anchored to the foundation within a matter of hours and ready for occupancy in less than a week.

Don't overlook these alternatives

Three variations of the major categories—mechanical cores, geodesic domes, and log homes—also play key roles in the accelerating growth of manufactured housing.

Mechanical or utility cores. Though they're not complete homes, core units represent another big step toward performing the major building steps at the factory. Cores usually consist of a kitchen and bath resting on a common floor and separated by a common wall. The wall contains the bulk of the plumbing an average home would need, as well as a complete heating plant and the home's electrical service box. Also installed at the plant are bathroom fixtures on one side of the divider wall and kitchen appliances, cabinets, and a sink on the other side.

This factory pre-assembly completely eliminates a major portion of the on-



site plumbing work. And as soon as a core arrives, it can be put in place.

Geodesic domes. This type of factory-built home is a real traffic-stopper. Basically a hemisphere in shape, it's usually sold as a precut shell formed either by a series of triangular panels or by a system of hubs and struts. (See "Dome Homes," *Better Homes and Gardens,* September, 1978.)

Log homes. These venerable veter-

continued



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Brown ½ lb. ground beef in a 10" skillet; drain off fat. Add 2½ cups hot water, macaroni from 1 package Golden Grain Macaroni and Cheddar, ½ tsp. salt and ¼ tsp. pepper. Bring to a boil. Cover, lower heat and simmer 10 minutes. Stir in ¼ cup margarine, ¾ cup milk and contents of cheese pouch. Makes four 1-cup servings.

continued

Should your new house come from the factory?

ans are enjoying a new surge of popularity, not only as vacation homes, but as year-round dwellings. And thanks to modern manufacturing methods, today's log homes share only their basic building material with Lincoln's birthplace. A typical log package consists of little more than a load of precut, preshaped logs. They're uniformly machined top and bottom for close fits, grooved at the ends to make tight corners, and sometimes splined to accept insulation and eliminate infiltration. Some manufacturers also offer doors, windows, and interior wall panels in their packages.

Consider other factors, too

Manufactured housing—whether it's a package of walls and trusses or a complete module—has some built-in advantages over most site-built products. Because most of these factors affect what you pay for the house—either to buy it or maintain it—they're well worth noting.

Energy efficiency. Home manufacturers claim to be pioneers in the development of energy-efficient housing. Many firms in the industry have been doing laboratory and field research in energy conservation for several years. The result of their efforts is a refined technology that enables factory personnel to produce housing that has more precise fits and closer tolerances —thus less infiltration—than you'll find in most site-built products.

Timing. When you order a manufactured package or modules from a local builder/dealer, you know the day your new home will arrive at the lot and also when you can move in. Weather delays are seldom a problem simply because a manufactured home is "under roof" so fast. Also, there's very little time for vandals to get into the act.

Price quotes. Because the manufacturers of factory-built homes have more control over labor and materials costs than on-site builders do, the manufacturers and their dealers can give you firm price quotations weeks —even months—in advance.

For more details, order this guide

The National Association of Home Manufacturers publishes an annual *Guide to Manufactured Homes.* This 64-page book goes into much greater detail on the home manufacturing process and its advantages to home buyers than space allows in a magazine. The book also includes tips on financing and—most important—a listing of over 100 home manufacturers, including a description of the types of homes they produce and the person to contact for further information. (You might be surprised to learn that houses like the one shown below are products of a factory.)

To order your copy of the current *Guide to Manufactured Homes,* send $3 to: National Association of Home Manufacturers, 6521 Arlington Blvd., Falls Church, Virginia 22042. ■



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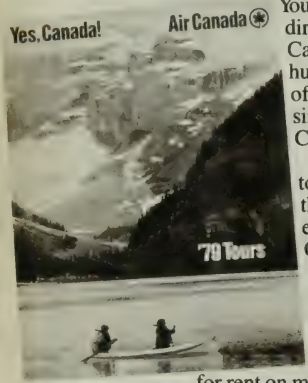
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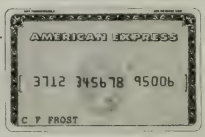
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AIR CANADA

BHG3-79

BUILDING

A dual-purpose divider

Sometimes it isn't necessary to build an entire wall to make two rooms out of one. Here the job is handily done by a handsome free-standing divider. And as a bonus, it supplies plenty of room for storage.



Photographs: Ross Chapple.

The original room was 15 by 32 feet and functioned as a combination living/dining area. Now the divider splits the room into two equal areas; one side *(above)* is used as a living room, and the other was converted into a den. The homeowners preferred a more formal dining room, so it was moved to another part of the house.



Interior design: Carol Siegmeister. Source: Eileen Deymier

On the den side *(above)*, the divider doubles as a capacious storage unit. It's divided into seven sections precisely sized to accommodate the television, stereo components, record albums, bar crystal, and liquor supply. The seven-foot-high divider is seven feet wide and two feet deep. It's built of birch plywood and covered with grass cloth. Electrical wiring for the stereo and television enters the unit through the flooring. ■

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Double Fudge Brownies

1-1/2 cups unsifted flour
1/2 measuring teaspoon baking soda
1/2 measuring teaspoon salt
2/3 cup butter
1-1/2 cups sugar
1/4 cup water
One 12-oz. package (2 cups) Nestlé® Semi-Sweet Real Chocolate Morsels
2 measuring teaspoons vanilla extract
4 eggs
1 cup chopped nuts

Preheat oven to 325°F. In small bowl, combine flour, baking soda and salt; set aside. In small saucepan, combine butter, sugar and water; bring just to a boil. Remove from heat. Add Nestlé® Semi-Sweet Real Chocolate Morsels and vanilla extract; stir until morsels melt and mixture is smooth. Transfer to large bowl. Add eggs, one at a time, beating well after each addition. Gradually blend in flour mixture. Stir in nuts. Spread into greased 13" x 9" x 2" baking pan. BAKE at: 325°F. TIME: 50 minutes. Cool; cut into 2" squares

Makes: 2 dozen 2" squares.



Butterscotch Brownies

2 cups unsifted flour
2 measuring teaspoons baking powder
1-1/2 measuring teaspoons salt
One 12-oz. package (2 cups) Nestlé Butterscotch Flavored Morsels
1/2 cup butter or margarine
2 cups firmly packed brown sugar
4 eggs
1 measuring teaspoon vanilla extract
1 cup chopped nuts

Preheat oven to 350°F. In small bowl, combine flour, baking powder and salt; set aside. Melt over hot (not boiling) water, Nestlé® Butterscotch Flavored Morsels and butter or margarine; remove from heat and transfer to large bowl. Stir in brown sugar. Cool 5 minutes. Beat in eggs and vanilla extract. Blend in flour mixture. Stir in nuts. Spread evenly into greased 15" x 10" x 1" baking pan. BAKE at: 350°F. TIME: 30 minutes. Cool; cut into 2" squares.

Makes: Thirty-five 2" squares.

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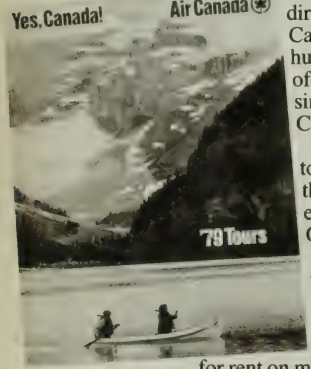
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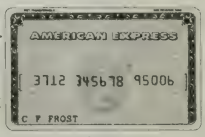
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AIR CANADA

BHG3-79

BUILDING

A dual-purpose divider

Sometimes it isn't necessary to build an entire wall to make two rooms out of one. Here the job is handily done by a handsome free-standing divider. And as a bonus, it supplies plenty of room for storage.



Photographs: Ross Chapple

The original room was 15 by 32 feet and functioned as a combination living/dining area. Now the divider splits the room into two equal areas; one side *(above)* is used as a living room, and the other was converted into a den. The homeowners preferred a more formal dining room, so it was moved to another part of the house.



Interior design: Carol Siegmeister. Source: Eileen Deymier

On the den side *(above)*, the divider doubles as a capacious storage unit. It's divided into seven sections precisely sized to accommodate the television, stereo components, record albums, bar crystal, and liquor supply. The seven-foot-high divider is seven feet wide and two feet deep. It's built of birch plywood and covered with grass cloth. Electrical wiring for the stereo and television enters the unit through the flooring. ■

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Double Fudge Brownies



Butterscotch Brownies

1-1/2 cups unsifted flour
1/2 measuring teaspoon baking soda
1/2 measuring teaspoon salt
2/3 cup butter
1-1/2 cups sugar
1/4 cup water
One 12-oz. package (2 cups) Nestlé® Semi-Sweet Real Chocolate Morsels
2 measuring teaspoons vanilla extract
4 eggs
1 cup chopped nuts

Preheat oven to 325°F. In small bowl, combine flour, baking soda and salt; set aside. In small saucepan, combine butter, sugar and water; bring just to a boil. Remove from heat. Add Nestlé® Semi-Sweet Real Chocolate Morsels and vanilla extract; stir until morsels melt and mixture is smooth. Transfer to large bowl. Add eggs, one at a time, beating well after each addition. Gradually blend in flour mixture. Stir in nuts. Spread into greased 13" x 9" x 2" baking pan. BAKE at: 325°F. TIME: 50 minutes. Cool; cut into 2" squares.
Makes: 2 dozen 2" squares.

2 cups unsifted flour
2 measuring teaspoons baking powder
1-1/2 measuring teaspoons salt
One 12-oz. package (2 cups) Nestlé Butterscotch Flavored Morsels
1/2 cup butter or margarine
2 cups firmly packed brown sugar
4 eggs
1 measuring teaspoon vanilla extract
1 cup chopped nuts

Preheat oven to 350°F. In small bowl, combine flour, baking powder and salt; set aside. Melt over hot (not boiling) water, Nestlé® Butterscotch Flavored Morsels and butter or margarine; remove from heat and transfer to large bowl. Stir in brown sugar. Cool 5 minutes. Beat in eggs and vanilla extract. Blend in flour mixture. Stir in nuts. Spread evenly into greased 15" x 10" x 1" baking pan. BAKE at: 350°F. TIME: 30 minutes. Cool; cut into 2" squares.
Makes: Thirty-five 2" squares.

© 1979 The Nestlé Co., Inc



Not just brownies...Nestlé brownies

Homemade brownies are always a family favorite. Especially when you make them with Nestlé® Semi-Sweet Real Chocolate Morsels or Nestlé® Butterscotch Flavored Morsels. That great Nestlé flavor makes 'em rich and extra good.



Serve a delicious, hearty meat breakfast and think lean, too. Real meat, 50% leaner than average bacon. So there's less shrink and shrivel. Next time, Don't Bring Home the Bacon... Bring Home the Sizzlean

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Delicious, light brown Roman Meal® Frozen Waffles and the creamy buttery taste of Blue Bonnet® Margarine come together to make an unforgettable breakfast.

THE LEAN AMERICAN OMELETTE

6 eggs, separated
2 tablespoons milk
¼ teaspoon salt
¼ cup green onion slices
2 tablespoons margarine
½ cup chopped dried beef
¼ lb. LIGHT N' LIVELY Pasteurized Process Cheese Product, sliced

Combine egg yolks, milk and salt; beat until thick and lemon colored. Add onions. Fold into stiffly beaten egg whites. Melt margarine in 10-inch skillet over low heat. Pour egg mixture into skillet; cook over low heat 10 to 12 minutes or until underside is golden brown. Bake at 325°, 10 to 15 minutes or until top is firm. Remove from oven; make a deep crease across the center of top. Place process cheese product and meat on half of omelette. Slip spatula underneath, tip skillet to loosen and gently fold omelette in half. Top with additional process cheese product slices, if desired. 6 to 8 servings





KRAFT

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Offer good while supply lasts. Void if taxed, restricted or forbidden by law. Subject to state and local regulations. Wisconsin residents send facsimile ingredient panel only. Offer good in U.S.A. only. Allow 6-8 weeks for delivery.

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A Step Ahead in SOLAR LIVING

BY CHERYL SCOTT

This home has no furnace, no air conditioner, not even a fan. Yet the house maintains comfortable indoor temperatures year-round. How? Air flows in a gravity convection loop through an air space that acts as a buffer between you and the weather. Read on and we'll explain how this ingenious design works.

Lots of people think that Tom Smith's home in Lake Tahoe, California, is just another passive solar house—that is, one that doesn't use mechanical means to generate and distribute heat. The house does have a lot in common with passive solar homes. The similarities include a south-facing greenhouse in front, no windows on the north side, few windows on the east and west, plenty of insulation, no mechanical comfort equipment, and (best of all) incredibly low heating and cooling bills. But Tom Smith's house has something that other passive homes lack: a second skin.

Any house transfers heat through its roof, walls, floor, windows, and doors—all components of the building's skin. But in Tom's house, the skin that surrounds the living space is not the surface that's exposed to the weather. An insulative air space separates the "inner house" from the exterior skin and acts as a heat transfer system. Surrounded by an envelope of solar-tempered air, the living areas stay uniformly warm in winter, cool in summer. And because there's no forced air system at work, the people in the house aren't subjected to drafts and changes in humidity.

For more details of the air envelope system, turn to page 54



exterior

Construction of Smith's three-bedroom, 2,000-square-foot home called for no unconventional building materials or methods, so the home cost *no more* to build than any house of similar square footage in the Tahoe area. The simple box shape of the house and the lack of ductwork resulted in savings that offset the additional framing costs for the extra 2x4 stud wall on the north side.



first floor

An island containing a cooktop and plenty of storage separates the kitchen from the rest of the living area, *above.* Whether you're working or relaxing in the living/dining/kitchen space, the greenhouse and a view of stately pines are just a glance away. Opening and closing the sliders to the greenhouse and the windows on the east and west helps to regulate the indoor climate.

The greenhouse, *right,* is more than an inviting place to relax; it's part of the air envelope, too. Double glazing helps the greenhouse act as a solar collector. Air warmed in the greenhouse rises to ceiling level and begins its flow through the roof/north wall plenum, then down to the crawl space, and back to the greenhouse through the slatted wood floor.

Buying information, page 188



Photographs: Fred Lyon. Architect: Lee Porter Butler. Source: Barbara Cathcart. Art Director: Sheila Barger

A STEP AHEAD SOLAR LIVING

Getting a loan for an unconventional design can be a problem, so Tom armed himself with thermal performance calculations for his meetings with the lenders. They OK'd the loan but insisted on a conventional source of heat as a backup system. Tom never used the electric baseboard system during the bone-chilling winter of 1977-78. Instead, he burned scrap wood in his wood-burning stove during a few severely cold nights. His total winter heating bill—$0. Convinced that the house can weather even harsh Lake Tahoe winters, the lender now requires only a wood-burning stove as backup heat for other envelope homes being built in the area.

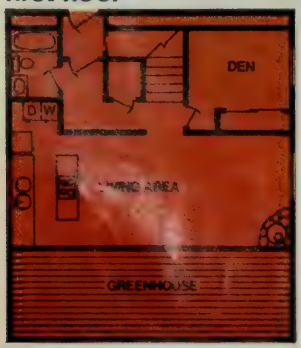
The success of this house-within-a-house does not depend on any specific arrangement of rooms. The plan could include a basement, a finished attic, dormers, a balcony or a deck within the greenhouse, a screened porch, or a garage and still be compatible with the envelope concept. The exterior style of the house doesn't have to conform to the double shed-roof profile of the Smith house, either. Other envelope designs range from contemporary to traditional.



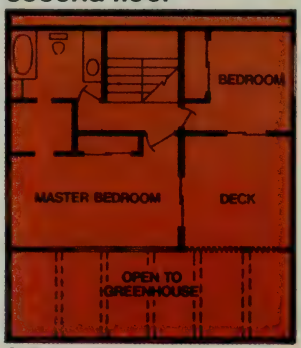




first floor



second floor



Drawings: Blaser/Kimball

plans

The floor plans, *left,* indicate the double 2x4 stud wall on the north side. The insulated air space between the inner and outer walls is part of the envelope heating/cooling system. An air-lock-style entry (a vestibule with an inner and an outer door) helps to control energy-wasting drafts.



second floor

Thermometers like the one on the wall in the second-floor deck, *top left,* help Tom maintain even temperatures throughout the living spaces. He opens or closes the glass sliders on the south wall of the master bedroom to control the amount of solar-tempered air that enters the bedroom from the adjacent two-story greenhouse.

The house abounds in dramatic views, such as the vista from the master bedroom, *bottom left.* In extremely cold weather, the greenhouse glass shows early-morning condensation. But the depth of the greenhouse air space prevents condensation from occurring on the inner glass next to the living spaces.

A second-story deck, *above,* overlooks the greenhouse and has an almost-outdoors feeling. Nestled between the master bedroom and a child's room, the deck can serve as a daytime playroom.

Buying information, page 188

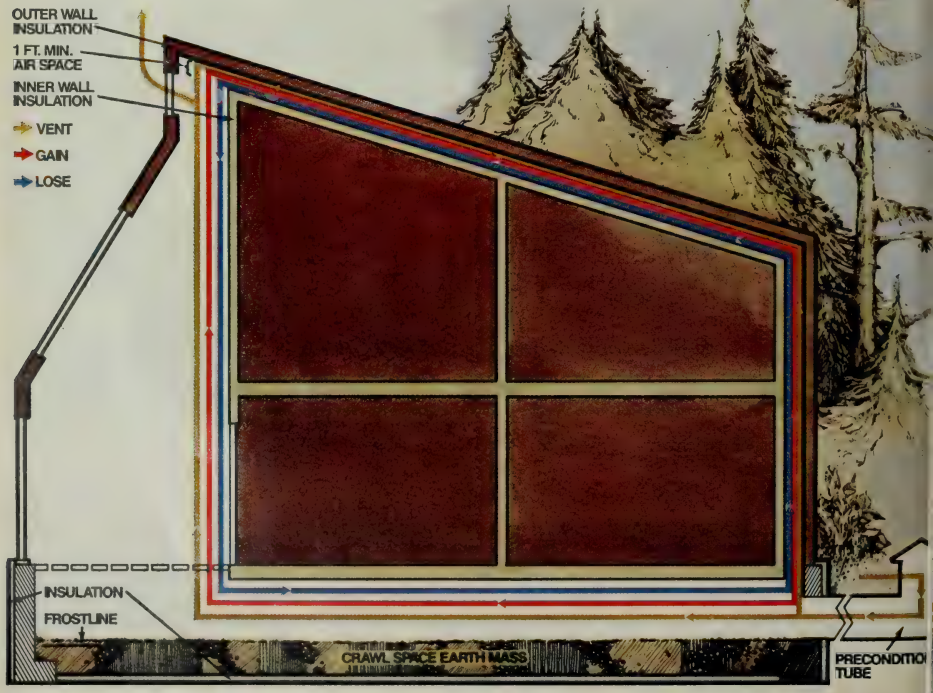
A STEP AHEAD SOLAR LIVING

How the system works

The Smith house is surrounded on four of its six sides (think of the house as a cube) by an envelope of solar-tempered air. This heat transfer envelope is a continuous space consisting of the earth-floored crawl space, the south-facing greenhouse, and a 12-inch-deep plenum that runs between the rafters along the roof and between the studs along the north wall of the house. Air flowing within this heat-transfer envelope space can accomplish three things: gain heat, lose heat, and ventilate and cool. Follow the colored arrows in the diagram below and see how each mode works.

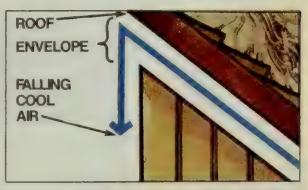
gaining heat

The large areas of insulated glass in the greenhouse help to collect solar heat during the day. As the greenhouse heats up, the envelope air acts as a gravity convection loop and goes into action. *(Follow the red arrows in the diagram below.)* Warmed air rises in the greenhouse and flows through the roof plenum. When the air reaches the cooler north wall, heat loss along the north face of the envelope allows gravity to draw the convection loop downward toward the crawl space. The mass of earth in the crawl space acts as a heat bank, absorbing the remaining warmth from the air as it flows over the earth. The airflow loop is complete when the air reaches the greenhouse. There the air again warms and rises, continuing the clockwise heat gain flow.



losing heat

At night, when the greenhouse glass is losing heat to the outdoors, the air convection loop runs in reverse *(blue arrows)*. The cooler greenhouse air falls toward the earth mass in the crawl space. As the air flows over the crawl-space earth, it gradually picks up warmth from the earth mass. As new, cool air falls to the crawl space from the greenhouse, the first batch of now warmer air begins to rise up the north wall plenum and flow through the roof plenum, warming the interior spaces below. Thus, air flows counterclockwise during a heat loss cycle.



ventilating and cooling

When it's uncomfortably warm in the house, you can use the gravity convection system to cool the living spaces *(orange arrows)*. By opening the glass sliders between the living areas and the greenhouse, and opening the clerestory windows at the top of the greenhouse, you can exhaust excess heat from the house. (By the way, homeowner Tom Smith reaches those topside windows with a pole like the ones you probably remember from your elementary school days.)

An underground tube, which preconditions outdoor air to ground temperature, can be used to provide a steady supply of cool air to the system. (In cold climates or at high elevations, such as the Lake Tahoe site, a preconditioning tube is not necessary.) In very humid climates, double masonry walls on the east and west walls can provide additional cooling and dehumidification.

Why the envelope system works

In effect, this house is triple-insulated on four of its six sides. The inner and outer walls that sandwich the airflow space, plus the floors, are insulated with fiber glass batts; the foundation and crawl space are insulated with urethane foam; and the interior and exterior sliders in the greenhouse are double-glazed. Between these layers of insulation, the air space acts as yet another buffer zone, slowing heat gain and heat loss between the inner house and the outer shell.

The envelope works the way that insulation does to slow the transfer of heat. By extending the distance that heat must travel as it is gained or lost by the house, the envelope modifies the difference in temperature between the outdoor and the indoor environments. Because the envelope also functions as an air distribution system, wrapping the house in a blanket of evenly warmed or cooled air, there are no hot or cold spots in rooms, no drafty corners. The house is amazingly quiet, too, because there is no on-off cycling of the furnace or air conditioner. Tom Smith said, "I never realized till now my refrigerator made so much noise."

The greenhouse and the crawl-space earth mass play important roles, too. The greenhouse collects the most heat when the home is sited with the greenhouse facing due south, but the greenhouse may be oriented slightly east or west and still be a viable collector.

The earth mass acts as a natural thermal battery, charging during heat gain cycles, discharging during heat loss cycles, as air circulates over the crawl-space soil.

Would it work for you?

In a word, yes, provided your envelope house is planned for its site. The design of Tom Smith's house was determined by such factors as latitude, longitude, the amount of shading from nearby trees, other topographical features of the site, the range of Lake Tahoe temperatures, and the amount of humidity, sun, and wind.

However, many engineering and materials specifications can be adjusted in order to develop a house that will work efficiently in *your* climate and on *your* piece of land. Here are just some of the factors that can be balanced:

- Insulation values
- Types, sizes, and location of windows, doors, and skylights
- Slope, orientation, and height of the roof above the living areas
- Depth and position of overhangs and other sun-shading devices
- Surface area of roof vents and dampers
- Size of the air preconditioning tube (if necessary in your climate)
- Waterproofing and subgrade foundation drainage system

You'll find more information on the envelope system in *The Energy Producing House: A Handbook/Case Study* ($18.95 per copy). The 60-page booklet tells the story of how the Smith house shown on these pages was planned and built.

An 80-page companion booklet, *Ekose'a Homes* ($24.95 per copy), includes a catalog of ten envelope homes designed for six major climate areas.

To order either booklet, make a check or money order payable to the publication you prefer and mail to *Handbook/Case Study* or *Ekose'a Homes*, 573 Mission St., San Francisco, Calif. 94105.



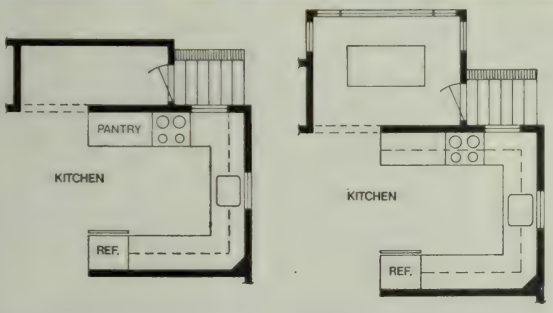
MAKE ROOM FOR A KITCHEN EATING AREA

BY JOAN McCLOSKEY

If you have to scoot up to a counter top to eat breakfast, the possibility of a sit-down dinner in your kitchen might seem impossible. But take a look at the two families pictured here. Like you, both families had an eat-in problem, and each solved it handily. Instead of trucking platters of food to a formal dining room and coping with a cramped breakfast nook, both families now can enjoy the fun of cooking and eating together in the same open kitchen eating area.







BEFORE **AFTER**

Rearranging the Sullivans' floor plan posed a real challenge. Even a trained laboratory mouse would have had trouble picking his way through the maze of long, dark rooms to get from the back porch door to the living room. Although the spaces totaled over 300 square feet (open back porch, family room, and 8x9½-foot kitchen), there was no place where the whole family could enjoy suppers together.

The dramatic change began when the Sullivans demolished the pantry closet to enlarge the kitchen and bring more light into the now-open family room/kitchen area. Since a garage at the rear of the yard ruled out a major addition, the open back porch was slightly bumped-out.

A custom-designed window wall allows sun to pour into the breakfast room and gives diners a view of the newly landscaped backyard rather than the garage. A four-foot-wide section of drywall is surrounded on three sides by fixed, insulated, tempered glass. Windows at the side walls are opened for air circulation, especially in the spring and fall. The roof and underlayment of the existing porch were retained in the new breakfast room, but a new five-inch-high step was added for the transition to the kitchen.

By removing only one wall at the rear of the house, the Sullivans gave the new kitchen and family room a feeling of openness. And the kitchen gained an eight-foot-long counter. Now the counters form an efficient U-shape instead of a step-wasting L.

In the remodeling process, the kitchen itself received a face-lift, too. To offset the starkness of the white cabinets, walls, and ceiling, the Sullivans painted the wall behind the open shelving brick red, covered the counters with butcher-block-patterned plastic laminate, and warmed up the floor with quarry tile vinyl.

Now Sunday catch-as-catch-can breakfasts have been replaced by delectable brunches. All six family members love to help wrap prosciutto around melon wedges, whip up a quiche, and turn out croissants.

continued
Buying information, page 188

By any standard, the Phipps/Ebeler house was the closed-in kind. During a long New England winter, you wanted to take a hatchet and chop through a wall. And around the corner from the dark, cave-like corridor kitchen was an equally bleak breakfast nook.

Christel and Tony both love to cook and entertain. (His specialties are Mexican food and soups; hers are French and Chinese cuisines.) But when they bought this big suburban house, neither cook wanted to spend much time in the dismal kitchen.

The solution mapped out by this young couple was a down-with-the-walls revamp that tied the two small rooms into one kitchen/eating area.

To set things right, the Phippses opened up the wall and windows and pushed out the west wall onto an old porch which they incorporated as their informal dining area.

This delightful built-in eating area was inspired by similar ones Christel had seen in the French-speaking part of Switzerland where she grew up. "Banquette dining is very popular in Europe, and I've always wondered why it isn't done more here," she said. For comfort and good looks,



it would be hard to imagine a better use of space than this L-shaped, wood banquette topped with plump foam cushions covered in Indian cotton (the covers zip off for easy washing).

Facing the banquette and running the full length of the windows is a suspended cabinet for cook books and magazines. The same wood, painted white, is used for a built-in end table.

Backing the banquette is a new deep bay window, cantilevered to provide a greenhouse corner. The size and angle of the overhang were planned so well that full sunlight floods in during the winter, but barely slants into the room in the summer "so our plants don't get cooked."

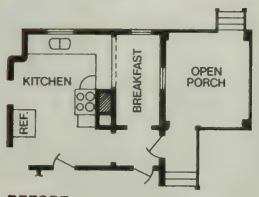
During the revamp, the kitchen was spiffed up with double sinks on one wall and a cooking area on the opposite side. The new counters are easy-care laminate; cabinets are finished in white laminate for a clean, crisp look. To warm up the pristine space, Christel and Tony chose quarry tile flooring and Portuguese tiles for the backsplash.

Since there were three flues in the existing chimney, it was easy for Tony to install a new fireplace facing the eating area.

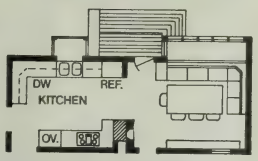








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Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May, 1978 or FTC Method. Of All Brands Sold: Lowest tar: 0.5 mg. 'tar', 0.1 mg. nicotine av. per cigarette, FTC Report May 1978.
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BABY FURNITURE BUYMANSHIP



An infant's needs are few, but certain basic furniture pieces are essential. Here is some information to help you shop wisely for baby furniture, whether you're expectant parents furnishing a first nursery, or about-to-be grandparents with gift-giving in mind.

Furniture styles

Almost any style of furniture you like is available in baby furnishings, from graceful French provincial to rugged Early American and slim-lined Scandinavian.

Most infant furniture, especially in the higher quality lines, comes in plain wood tones or solid colors. Decals of frisky lambs on crib panels and chest fronts aren't nearly as popular today as they once were, although there are some silk-screened patterns of winsome animals and flowers. A few high-quality crib panels are decorated with sophisticated patterns or perky graphics with coordinated designs on matching chests of drawers. Some cribs are crafted with brightly colored acrylic plastic panels or simulated wicker panels for a casual look.

Where to buy

Always shop for brand-name baby furniture in reputable stores. Most manufacturers and retailers will stand behind their products.

You'll find a good selection in most large department stores and a still wider selection in stores specializing in infant furnishings. High-style imported items are usually found only in specialty stores in larger cities.

Cribs, dresser-chests, and cradles are also available in ready-to-finish furniture lines. In many cases, the unfinished items are of the same quality construction as factory-finished furniture but they are more moderately priced.

Baby beds

Safety is the most important consideration when buying a crib. To ensure safe, quality baby beds, specific federal regulations have been developed by the Consumer Products Safety Commission. All full-size cribs must pass inspection before they leave the factory. While it is not likely a defective crib will be overlooked during an inspection, it is wise to check safety features for yourself.

Crib rails, for example, must be no more than 2⅜ inches apart, so that a baby cannot slip an arm or a leg

continued

Drawing: The Hired Hand

Winter Salads!



Made fresh with Best Foods® Real Mayonnaise

HOT 'N HEARTY POTATO SALAD

(The difference is BEST FOODS tasty sauce)

- 1 cup chopped onions
- 1 Tbsp margarine
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/3 cup cider vinegar
- 1 Tbsp sugar
- 1 3/4 tsp salt
- 1/4 tsp pepper
- 4 medium potatoes, cooked, peeled, sliced (about 4 cups)
- 1 Tbsp chopped parsley
- 1 Tbsp cooked, crumbled bacon

In large skillet over medium heat, cook onions in margarine 2 to 3 minutes. Stir in next 5 ingredients. Add potatoes; continue cooking, stirring constantly, about 2 minutes or until heated through (do not boil). Garnish with parsley and bacon. Makes 6 servings.



SUPERB AMBROSIA SALAD

(BEST FOODS and yogurt make it better)

- 1/2 cup BEST FOODS Real Mayonnaise
- 1 container (8 oz) plain or vanilla yogurt
- 1 can (30 oz) fruit cocktail, well drained
- 1 can (20 oz) pineapple chunks, well drained
- 1 can (4 oz) shredded coconut
- 1/2 cup raisins

In large bowl fold Real Mayonnaise into yogurt. Fold in remaining ingredients. Cover; chill at least 2 hours. Makes 6 servings.



MEXICAN SALAD BOWL

(The zesty taste is in the dressing)

- 1/2 cup BEST FOODS Real Mayonnaise
- 1/4 cup minced green onions
- 2 Tbsp chili sauce
- 2 tsp cider vinegar
- 1 tsp onion salt
- 1/2 tsp chili powder
- 4 drops hot pepper sauce
- 1 can (12 oz) whole kernel corn
- 1 can (8 oz) red kidney beans
- 1 can (7 oz) pitted ripe olives
- 2 cups shredded lettuce

Mix first 7 ingredients. Cover; chill. Drain and combine corn, beans and olives; spoon into lettuce-lined bowl. Serve with dressing. Makes 6 servings.

Bring out the Best Foods Bring out the BEST!



continued

Baby furniture

through the openings and be hurt. Metal hardware must be safe from prying fingers and have no rough edges, and locks and latches for the drop sides of a crib must fasten securely to safeguard against accidental release. Paint and other finishing materials must be lead-free and nonpoisonous.

The distance from the top of the springs or mattress support to the top of the crib sides should be at least 26 inches, so a toddler won't topple over the side when he's old enough to pull himself upright.

Check the hangtag and brochures to find out what materials have been used in construction. A high-quality crib will be made of hardwood. Some well-styled cribs may have end panels made of particleboard or hardboard, not solid wood. These panels can be broken by a hard blow and are difficult to replace.



On better quality cribs, a stabilizer bar runs under the springs from headboard to footboard, adding extra strength. The stabilizer bar usually is omitted on lower priced models.

The crib rod that holds the drop side should run through holes drilled in the wood, via a nylon bushing. This allows crib sides to go up and down smoothly.

Drop sides on better cribs have a foot release, a button, or a lever that's beyond a child's reach. Some cribs have double drop sides.

Better quality crib construction also includes padded teething rails, tubular steel springs that can be lowered as the baby grows, and large styrene casters for easy mobility.

Before you buy, ask the salesperson to demonstrate how to set up the crib. Explicit directions should come with the crib, as well as all necessary screws and bolts.

Generally, cribs range in price from $50 to $200, though there are a few priced as high as $550. You should be able to find a quality piece with safety features for around $75.

A few cribs are designed to grow with the child. One model can be converted to a small youngster's bed by removing the drop sides and substituting a low side rail. Some manufacturers offer twin-size headboards and nightstands that match infant chests and wardrobes. (For further information about storage units, see page 192.)

A versatile modular unit (priced at $750) starts out as a crib with a long storage drawer beneath, flanked by two chests of drawers. The unit can be converted to a regular bed by removing the railing and the chests, then pulling out the expandable frame to hold a standard twin-size mattress. The chests then serve as individual nightstands.

In addition to full-size cribs that can be used until the child is three or perhaps even four years old, there are also smaller cribs, portable cribs, cradles, and bassinettes.

A good portable crib that weighs about 15 pounds and folds flat to fit in an automobile trunk will cost around $55. A bassinette, actually a basket on a wheeled stand, can be purchased for $20 to $25. Cradles cost approximately $80, but unfinished cradles are available for less.

continued

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*Suggested retail price



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Some women are more alive than others.



buy is of the best quality. The density of the block and the grade of the hair are important. Hairblock mattresses with polyurethane tops and bottoms have extra resilience.

If you're looking for a nonallergenic mattress, one made of polyurethane foam is a good choice. The mattress should be composed of all virgin foam, not shredded foam that has been cemented into shape.

Look for a mattress that is covered with a heavy-duty, water-repellent fabric, so absolutely no moisture will penetrate to the inside. If you are buying a tufted mattress, check to see that the button areas are sealed. The covering should be durable enough to withstand soap and water washing.

Make sure the cover is tough. A too fragile cover that rips easily will expose the inside materials, and they might end up in a baby's mouth.

Check to be sure that the mattress sides are ventilated to help keep the filling material fresh.

Tufting anchors the filling material and makes the mattress firm and resilient. However, tuftless mattresses seem to be more popular.

A good tuftless mattress will be constructed with an innerspring unit of heavier coils to compensate for the lack of tufting and to obtain the desired firmness. A fiberboard insulator is not a satisfactory substitute.

Because you can't see what's inside the mattress, it's important to check the printed cloth tag that is secured to it. This should specify the inner contents, type of unit,

continued

continued

Baby furniture

Mattresses

When you want to economize, buy a less expensive crib, but don't scrimp on the mattress. A baby will spend a big portion of his or her first years on that mattress, and soft bones need firm, but resilient, support.

Types of mattresses include innerspring construction, hairblock, and polyurethane foam. All are satisfactory if they are of high quality, and all must conform to federal flammability standards.

A quality innerspring mattress will have a well-balanced tempered steel unit of coils to give resilient firmness. A greater coil count doesn't necessarily mean a better innerspring. Also important are the gauge and the arrangement of coils, as well as the insulation around the innerspring unit.

A good innerspring mattress will have deep layers of clean white cotton felt as filling material beneath the ticking. For durability, the felt should be evenly distributed in the casing, and the top, bottom and sides should be padded. A combination of felt with polyurethane or rubberized hair pads also makes excellent filling material.

If you prefer a non-innerspring unit, with a perfectly flat, firm, tuftless top, a hairblock mattress is a good choice. The hairblock is made of curled hair covered with latex rubber and compressed into a solid block. Be sure the hairblock you



BECAUSE THE SOCK DISAPPEARS, SO DOES THE DIRT.





Before you buy a washer, take off your socks.

Throw one into a Frigidaire washer, the other into the best selling brand's best washer. Start the machines, and watch what happens.

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But our quest for clean didn't stop there.

Only Frigidaire washers have the Jet Circle Spray action. It shoots water into the tub from not one but twelve outlets around the top of all 1-18 lb. washer tubs. This forces the detergent into solution and even helps push the clothes down under the water to loosen dirt.

So take a look at a Frigidaire Jet Cone washer.

It'll not only knock your socks off.

It'll get them clean.

FRIGIDAIRE GM

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Sprinkle talcum powder on the back of your hand. Now blow it off. Chances are, you'll see powder sticking to some rough spots you didn't know you had.

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Playtex Gloves make your hands look like they never do housework.

continued

Baby furniture

percentage of cotton felt, sisal, etc., and other construction details.

Be sure the mattress fits snugly in the crib. If you can fit more than two fingers between mattress and crib, the mattress is too small.

Bumper pads are helpful to keep the baby from pressing his or her head against the hard rails. Be sure the bumper pads run around the entire crib. Check that there are at least six straps to tie or snap the bumpers securely into place.

High chairs

Many high chairs bear the Juvenile Products Manufacturers Association seal. This indicates that they have been tested for safety by an independent laboratory.

Checking the stability of high chairs is an important part of the test. The chair must be designed so it will not tip, even if a child climbs on one side. A stability bar and widespread legs are important for safety.

The absence of the label doesn't necessarily mean the chair is unsafe, as the testing is entirely voluntary. But if there is no label, test the high chair yourself. Lean on one side to see if it tips easily or feels solid.

High chairs are available in several styles, including a nostalgic 1920s design, with a square tray and pressed wood trim on the back. This is a luxury model priced at around $115. There also are Early American designs in wood, and modern chairs with butcher-block trays.

High chairs with frames and legs of chrome tubing and vinyl-covered padded seats and backs are versatile and comfortable and generally moderately priced—from $30 to $70.

Some high chairs have backs that recline; some fold up and out of the way between meals. Adjustable footrests and removable wraparound trays of plastic or metal are extra features.

Check the hardware. Does the feeding tray come off easily? Do the adjustable features work smoothly?

You may prefer a feeding table to a high chair, though the table does take more floor space. The seat is placed almost in the center of the tabletop, so

continued

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Every room needs an idea to build on. And Andersen gives it to you. With a charm, elegance, style and comfort that's bound to please.

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002-039

continued

Baby furniture

the tot is surrounded by table surface when he eats or plays with toys.

Many feeding tables have adjustable legs, so you can raise a baby to a convenient height for feeding. Some can be used as utility tables or play tables for preschoolers. You simply fold the chair section down, so the back is flush with the table to make a solid surface.

Play yards

Protective enclosures traditionally known as playpens are now called play yards. They come in two types—the old-style wooden kind with bars, and the newer versions with nylon mesh sides.

Play yards come in a range of sizes; some are as large as 40 inches square. Be sure to measure your room before investing in one of the bigger models. Do you have space for a 40-inch square in the room? A smaller model weighs only 12 pounds and can fold flat to eight inches, so you can slide it into a closet or the luggage compartment of your auto.

On the higher quality mesh models, the rim is padded all around with foam, and one side collapses so you can lift a baby out. You can buy a good mesh-sided pen for around $50.

Play yard floors may be wood or tempered hardboard covered with foam-filled pads of varying thickness. All pads have washable vinyl covers.

Check to see if there are legs or supports in the middle of the play yard to make it stable.

Some play yards have adjustable legs so they can do double duty as cribs.

Car seats

The car seat is no longer a little chair that hooks on the back of an automobile seat. Babies need safety restraints specifically designed to minimize the force of impact.

Like cribs, car seats are under federal regulations for safety. Most of them are designed to protect the child on all sides in case of sudden car stops or a collision.

A car seat should be molded and padded for protection and should have no sharp edges. Its construction should allow it to be firmly anchored to the car. The auto seat belt should go through the frame of the car seat to hold it in place, not around the child.

The best car seats have a harness restraint that distributes your baby's weight at five points. For infants, the seat is used in a rear-facing position and can recline. However, the slope should not be more than 30 percent from the vertical, so that the stress of an impact will not be on a baby's tiny shoulders and spine.

For a child who weighs more than 40 pounds, the seat can be used facing forward.

A simple but safe car seat will cost around $25. Higher priced models generally have more safety features and are more comfortable. They have padded wing-back designs which offer extra protection for the child's head, as well as plushly padded contoured bucket seats.

Check to be sure the car seat harness has a quick release mechanism. ■

You'll need to patch a crack sometime...

so when that day comes, just open a can of **DAP Interior Spackling Compound.** Ready-mixed and ready to use, it spreads evenly and smoothly. Fills fine line cracks, holes and deep breaks in plaster, wood and drywall. And because it sands to a feather edge and takes paint beautifully, DAP Spackling helps you make neat, invisible repairs in walls and ceiling.



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MONEY Margaret Daly



INVESTING abc's: COMMON STOCKS

Once your family has adequate insurance and savings, it's time to look for additional ways to plan for the future—especially in the face of steep inflation. Here is the second in a series of articles explaining the various types of investments you may want to consider. (See "Investing ABC's: Bonds," *Better Homes and Gardens,* November, 1978.)

Although some common stocks have prospered in recent years despite inflation and other problems with the economy, many stocks have not done well at all. Nevertheless, many experts believe that *judiciously chosen* stocks can be an important weapon in the long-term battle against rising costs.

Certainly common stocks are one possibility you should consider in your financial planning. But remember—investing in the stock market can be worth the effort *only* if you know what you are about. You'll have to study and persevere. For anyone but the most professional investor, stocks should be only one part of a long-range investment program, certainly not an easy-in, easy-out, get-rich-quick venture.

What is a common stock?

When you own a common stock, you actually own part of the company that is issuing the stock. You're entitled to receive certificates showing your ownership—and in most cases you are also entitled to vote on various corporate decisions (such as mergers) at regular stockholder meetings. If the company does well financially, you'll share the profits in the form of dividends (unless the company wants to reinvest all its earnings in the business in order to make it grow rapidly). In bad times, the company may lower its dividends or even eliminate them altogether.

Dividends need not be cash; stockowners sometimes receive additional shares instead. Also, the first $100 of cash dividends ($200 where husband and wife own the stock jointly) is exempt from federal income taxes.

Dividends are usually paid four times a year. When you buy a stock "ex dividend," you missed the most recent payment date.

The company's good or bad fortunes will be reflected in the *price* you can sell your stock for in the marketplace. Stock prices are quoted in dollars and eighths of dollars (⅛ equals 12½ cents). Thus a stock selling at 35⅛ would be worth $35.125 a share; at 35¾, it would sell for $35.75.

A stock's price also may be affected by how investors view the general state of the economy as well as the company's future, competitive position, and earnings.

For tax purposes, profits or losses on stocks are figured only when you sell. If you own a stock more than a year, capital gains tax rules apply; under a year, the rules for ordinary income are used.

What is the stock market?

Basically there are two stock markets: 1.) *organized stock exchanges,* some regional and some national, where trading is transacted *on the floor* of the exchange; 2.) the *over-the-counter market,* a national network where stocks are traded by dealers and brokers transacting business among themselves by telephone, telegraph, or teletype.

The leading (and biggest) *organized stock exchange* is the New York Stock Exchange (NYSE), where 84 percent of all *listed* securities—those traded in exchanges—are bought and sold. Stocks on the NYSE are typically the best known ones. The other national exchange, the American Stock Exchange (AMEX), generally lists stocks of smaller, less well-known companies. All told, the shares of some 2,600 companies are listed for trading on the New York and American Stock Exchanges. Typically, stocks of small, local companies (as well as some major corporations also listed on a national exchange) are traded on the regional exchanges: Boston, Cincinnati, Intermountain (Salt Lake City), Midwest (Chicago), Pacific (Los Angeles and San Francisco), Philadelphia, and Spokane.

The AMEX and the regional exchanges each account for about ten percent of all stock exchange trading; the NYSE accounts for the rest of the trades transacted through an exchange.

However, information about stocks traded on the national exchanges and their current prices are more readily available than on regional exchanges. And because the national exchanges are more active, you usually won't have trouble finding a buyer or seller.

The over-the-counter stock market has no central location. Although less well-known securities usually are traded over the counter, so are many bank and insurance company stocks and mutual funds.

Someday there will be a national market system—perhaps an expansion of the Inter-market Trading System (ITS), an electronic communications network that now links six major U.S. stock markets (the American, Boston, Midwest, New York, Pacific, and Philadelphia exchanges). By late 1978, more than 200 stocks were eligible for trading through ITS and nearly two million shares had been traded.

How do you buy and sell stocks?

You don't. A brokerage firm's "registered representative" (stockbroker)

continued

Drawing Blaser/Kimball



Why tuck her in with pretty pink sheets...



when you can tuck her in with pretty pink sheets that have a great April Fresh smell.

Could we be imagining it—or do little girls really smile a happier smile when they snuggle into sheets rinsed in Downy?

You do such nice things for all your family's clothes when you use Downy® Fabric Softener. Like rinsing in that April Fresh smell. And skin-loving softness. And helping to rinse out annoying static cling.

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Gail Henkin
Dallas, Texas



FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Vantage 100's

Also available in King-Size: Regular and Menthol.

continued

Common stocks

must do the buying and selling for you. To open an account with a brokerage firm, you usually have to do nothing more than fill out an application, give several credit references, and sign your name. After that you can instruct your "registered" representative to buy or sell stock for you.

You'll pay a commission each time you buy or sell a stock, and charges vary somewhat among brokerage houses. One recent survey of brokerage commission charges to small investors showed a range of from $80.73 to $90 for handling a trade of 100 shares of a $54 stock.

If you're buying a stock, you have five business days to pay for the purchase, plus the broker's commission. Buying *on margin* means the brokerage firm will lend you money to cover part of the purchase.

Most investors buy stock *at the market*, instructing their broker to get the best price available at that time—the lowest if you are buying, the highest if you are selling. A *limit order* means you specify a price you want, either to buy or sell a stock. A limit order may be good for a day, a week, a month, or *GTC—"good till canceled."* A *stop-limit order* instructs your broker to sell a stock when it drops to a certain price.

A hundred shares of a stock (or multiples of 100) is called a *round lot*. From one to 99 shares is called an *odd lot*. In the case of certain very high-priced stocks that trade frequently, as few as ten shares may be considered a round lot. You will pay proportionately higher brokerage commissions when you buy or sell odd lots.

How do you choose a broker?

A broker should inspire trust; you have to believe that he or she thoroughly knows the market and will give you sound advice that fits your particular needs.

A good stock broker should inquire about your savings programs, insurance coverage, fixed-return investments such as bonds and savings certificates, and your investment goals. Be leery of a broker who describes his own investment strategy and assumes it's suitable for all possible investors.

Many investors choose large, prosperous brokerage houses that have memberships on the national exchanges. Usually, such brokers will furnish you with research reports on various stocks and economic trends (in fact that's one of their selling points). Make use of the broker's research on stocks you are thinking of buying or selling. Some brokerage houses now charge for research, however.

Unless you're an active trader, don't expect a broker to give you lots of personal attention each time you call for advice, especially if you don't want to trade at that time. Stockbrokers rely on commissions to make their living, and small investors who trade infrequently usually don't provide much income—or rate much attention.

Don't forget that commissions add to your investing costs, so it could pay to shop for a brokerage house that keeps commissions low. Some investors prefer *discount* brokers. Commissions at these firms are low, but the brokers don't provide much (if anything) in the way of advice or personal service. (On that aforementioned 100-share trade of a $54 stock, charges at discount houses ranged from $35 a trade to $40.) If you're a beginning investor, you might consider opening an account with a full-service broker *and* a discount broker. Use the latter when you feel no need for advice about a particular trade.

What do price/earning ratios tell you?

A stock's price/earnings ratio *(P/E ratio)* can help you figure out what the public thinks of the company's future and what to expect in terms of your own investment objectives—growth in the value of stock itself, good income, or both. The ratio—sometimes called the *multiple*—is the price of the stock divided by the actual current earnings per share. The P/E ratio is considered a far more useful guide to stock values than another yardstick, the net asset value per share (or book value). Book value just doesn't tell you anything about the company's current earning power, leadership, and other intangibles.

Don't confuse a stock's earnings with its dividends. Earnings are figured after operating costs, interest, taxes, and other expenses have been paid; dividends are that portion of the earnings that the board of directors votes to distribute to shareholders.

Some earnings are always retained for reinvestment in the company. When a board votes to retain a large portion of earnings, that's often a sign of a *growth* company—one committed to considerable future expansion. When a company chooses instead to pay out a large portion of earnings as dividends, that may indicate an emphasis on *income* for shareholders.

Growth stocks tend to have high multiples—in the realm of 15 or more these days. That's generally because investors are willing to pay a higher price for growth stocks, disregarding the company's relatively low current earnings and focusing on what they hope will be its supposedly favorable future earnings.

Income stocks tend to have low ratios—six or eight or so. The earnings are high in relation to the price, and investors are expecting good, current income in dividends. A stock the public is dubious about will have a very low P/E ratio—three or four, perhaps. The average multiple of leading stocks is now nine.

You can also use a stock's P/E ratio as a guideline to:

1. Avoid stocks that are overvalued. A stock with a very high ratio can be quite risky; its price may sink drastically if investors' optimism isn't completely fulfilled.

2. Look for a stock that is undervalued. If you're thinking of buying shares in an oil company, for example, and one company has a lower multiple than the others without any good reason, it may be the best buy. The stock would be especially attractive if its P/E ratio is lower than it has been in the past decade, taking into consideration the movement of P/E ratios of similar stocks and the stock market as a whole in the same period.

What about current yield?

The current yield (expressed as a percentage) is figured by dividing the yearly dividend the company pays for the price of the stock. The significance of current yield may not always be readily apparent.

For example, a high current yield may mean the price of the stock you are interested in purchasing has plum-

continued

continued

Common stocks

meted and the company is in trouble. Stock costing $50 a share and paying $1 in yearly dividends has a current yield of two percent; if the stock sinks to $10 a share; the yield rises to ten percent.

Then again, a high current yield for a stock may mean that particular company is a solid one with high earnings—one like American Telephone and Telegraph, for instance, whose yield is over seven percent.

As a general rule growth stocks usually have low yields. That's because the issuing companies plan to expand their operations in the future, and they may use their current earnings for research and expansion instead of for rewarding stock owners.

Income stocks are often those from companies with regular earnings—utilities for example. Yields generally are high. Many utilities are now paying eight percent or more in dividends, for example.

When is a stock a good buy?

Most investors in the stock market look for stocks issued by companies with rosy futures. These *blue chips* are stocks of well-managed, growing companies that sell products or services in demand during good times and bad. Because of their solid financial structure and their history of regularly increasing dividends, blue chips have an edge on their competitors.

Even so, buying such stocks may not be your best course of action. Their price/earning ratios may be so high that you would be better off buying the stock of a less impressive company—a stock that is underpriced. A stock's desirability depends not just on the prospects of the company issuing it, but on general economic and political conditions. Some experts claim that the price movements of all stocks account for two-thirds of the change in the price of specific individual stocks.

When interest rates rise, stock prices usually drop, partly because many stock owners sell their holdings to invest in high-paying bonds and other fixed-return investments. Rapid inflation, tight money, bad political news, and a host of other factors may also lower stock prices.

So don't consider a stock a good buy just because it is issued by an impressive company. A good stock is one that is not fully priced and is bought at the right time.

What are the stock averages?

They're lists of representative stocks meant to show the movement of stocks as a group, or the movement of stocks in certain classes.

Not all of the individual stocks included in the average will follow the direction of the indexes, of course. But the direction of the indexes tends to influence the movement of individual stocks by bolstering or undermining investors' confidence.

The best known index, the Dow Jones Industrial Average, consists of 30 stocks, from Allied Chemical to Woolworth. (You can find it regularly re-

continued



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continued

Common stocks

ported on in your local paper or you'll hear about it on the evening television and radio news.) The Dow Jones Transportation Average includes 20 railroads, airlines, and trucking companies. The Dow Jones Utility Average includes 15 gas and electric utilities from across the country. The Dow Jones Composite Average includes the 65 stocks in the other averages.

Other indexes—the Standard & Poor's Index of 500 Stock Prices, the New York Exchange Common Stock Index, and the AMEX Market Value Index—are less well-known but include more securities than the Dow Jones Average.

What mistakes should you watch for?

Though no rules are absolute for every situation, there are several investing mistakes and remedies to think about. Among the most common:

1.) Many novice investors find themselves hesitating so long that they become Johnny- or Jenny-come-latelies. They buy a *hot* stock—a gambling company, a cable TV company, say—after almost everyone else has, and the price is too high; or they sell Penn Central or National Student Marketing after almost everyone else has, and the price is at rock bottom. Caution is certainly desirable—but lethargy isn't when a stock's price is speeding up and down.

2.) Novices also tend to panic when a stock slips a few points. Over the short haul, a stock's movements may be random. Generally, the best advice is that you should hold on to a stock for a while—even for as long as two or three years—unless there are good reasons for the stock's slippage. Such reasons might include consistently lower earnings than predicted.

3.) On the other hand, if a stock is nose-diving, don't hold on rather than admit your mistake. For some investors, a useful rule is to sell any stock whose price has sunk ten percent since you bought it.

4.) Another mistake an investor new to the market might make is to get carried away by a price increase. Some novices buy a stock, happily watch it soar, then watch it plummet. If a stock has appreciated and its current price seems high, consider selling at least half of your holdings, just to lock in half of your gains.

5.) Not diversifying also can be a problem. By diversifying your holdings, you're better able to survive the many bumps in the economy. If the food industry begins doing poorly, for example, your oil stocks may offset your loss.

One way to diversify your investment portfolio is to buy into a mutual fund (discussed in the next article of this series). For an initial investment of $1,000 or less, you become part owner of a variety of stocks, and the fund is managed by experts.

6.) One of the worst mistakes you can make is to buy a stock, put it in a drawer, and forget about it. No stock can be said to be a good investment indefinitely.

By and large, as a beginning investor, you should stick to solid, established stocks. To get started, read a wide range of investment literature from your library and many other sources. For a while, you might just pretend to buy and sell stocks, keeping track of how well you are doing and learning from mistakes. The information you'll need is readily available from the daily stock market reports in your newspaper.

Better yet, you might join an investment club, where other novices are learning how to invest by buying stocks with as little as $10 a month. For more information, write to the National Association of Investment Clubs, 1515 East Eleven Mile Road, Royal Oak, Michigan 48067.

You also can obtain free information about stocks by writing to the Public Information Office, New York Stock Exchange, 11 Wall Street, New York, New York 10005; and to the Publications Department, American Stock Exchange, 86 Trinity Place, New York, New York 10006.

You can't expect to get rich quick in the stock market. There's no free lunch, and bargain banquets are rare in the world of investing. In general, investors who have done the best are those who have consistently traded stocks with caution. ■

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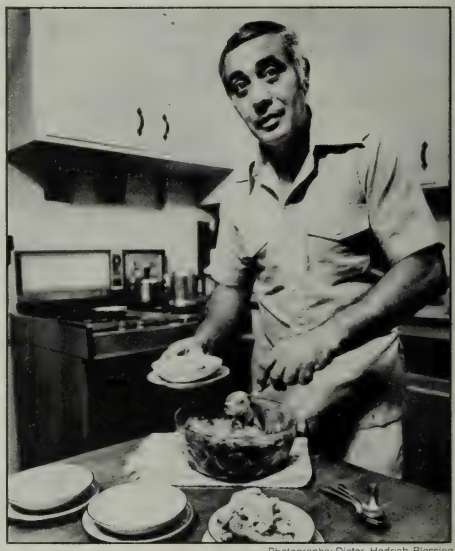
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HE COOKS

PINEAPPLE BREAD PUDDING





Photographs: Dieter, Hedrich-Blessing

When we asked Robert Palmisano how he first got started cooking, he told us, "My father always cooked at home, and I guess I picked up my love of cooking from him." From this rather unconventional start, Robert went on to specialize in preparing Italian foods and desserts such as Pineapple Bread Pudding.

Robert credits his wife Ethel with introducing him to his honor-winning pudding. "Ethel is from Mississippi, and when we visited her home, an old friend served us this bread pudding." It was so good that Robert soon began preparing the pudding at home, first for Ethel and their son Robert, Jr., and later for company. Robert says his bread pudding is a real hit with his friends in Pennsylvania.

PINEAPPLE BREAD PUDDING

- **¼ cup butter *or* margarine, softened**
- **1 4-serving package *instant* vanilla pudding mix**
- **1 teaspoon ground cinnamon**
- **3 eggs**
- **3 cups milk**
- **1 8-ounce can crushed pineapple in its own juice**
- **⅔ cup flaked coconut**
- **½ cup raisins**
- **1 teaspoon vanilla**
- **8 slices day-old white bread, cut in ½-inch cubes**

In a large mixer bowl cream together butter or margarine, vanilla pudding mix, and cinnamon till fluffy. Add eggs, one at a time, beating well after each addition. In another bowl combine milk, *undrained* pineapple, coconut, raisins, and vanilla. By hand, blend milk mixture into creamed mixture (mixture will look curdled). Fold in bread cubes. Pour into an ungreased 2-quart casserole or 8x8x2-inch baking dish. Place casserole or baking dish in larger shallow pan on oven rack. Pour hot water into larger pan to a depth of 1 inch. Bake in 325° oven 1¼ hours for casserole (1 hour for baking dish) or till knife inserted off-center comes out clean. Serves 8. ■

Buying information, page 188

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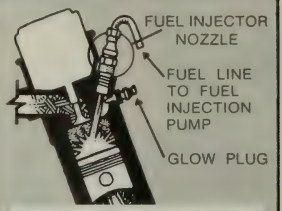
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CARS Kim Garretson

THE NEW ENERGY-SAVING ENGINES

Choosing the engine for a new car used to be simple. You picked the number of cylinders and the size according to your needs and desires. If you paid a premium for a performance engine, you sacrificed fuel economy. If you opted for a smaller, less expensive engine, you gave up some power. But now diesel and turbocharged engine options are being offered by many manufacturers and are being touted as the way to get both fuel economy and performance in your car. What are these new engines and are they worth their extra cost? Here are some tips to help you size up these engines before you buy your next car.



Diesel fuel squirted into hot, compressed air in the cylinders ignites spontaneously.

How new are they?

Actually, neither diesel engines nor turbochargers, which are additional systems for gasoline or diesel engines, are new inventions or even new to automobiles. Both were invented at the turn of the century and have long histories in the transportation industry. Diesel engines are standard for long-haul trucks, trains, and ships. And Mercedes-Benz, a German car manufacturer, and Peugeot, a French manufacturer, have exported diesel-powered cars to the United States since the 1950s and early 1970s respectively. Turbocharging has long been common in racing (you might have heard it referred to as "supercharging") and even was offered briefly by some American manufacturers during the "muscle car" eras. In recent years, however, turbochargers have been used only on expensive sports cars from the German manufacturer Porsche. But, as you'll read later, their current resurgence stems from their increased fuel efficiency, not from their ability to beef up already powerful engines.

Now several American manufacturers have introduced diesel and turbocharged engine options (see our list of what's available at the end of this article), and virtually every other manufacturer is scrambling to develop these types of engines for their cars. There are two forces behind this flurry of activity: government-mandated fuel economy standards and the public's demand for new, different, and exciting yet fuel-efficient car options.

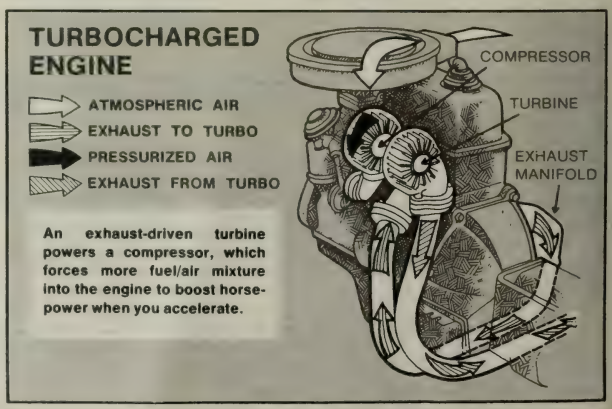
Manufacturers have responded by dusting off their diesel and turbocharger research and forging ahead in engineering these complicated (and expensive) engines for their cars. The auto makers have turned to diesels because they get about 25 percent more mileage out of a gallon of fuel in city driving than equivalent gasoline engines do. And, even though there is some doubt about development of diesels that can meet future government emission standards, manufacturers see this option as a way to make "family-size" cars and still meet the government's fuel economy standards. Turbocharging harnesses otherwise wasted energy from an engine's exhaust to boost its horsepower, allowing smaller engines to perform like bigger ones. As a result, the public can get the pep it wants plus fuel economy.

How do they work?

To understand either system, you need some basic knowledge of how a conventional gasoline power plant works. It generates power by burning a mixture of gasoline and air (supplied by a carburetor or fuel injection system) in the cylinders. A piston in each cylinder travels up and down, sucking in some of this mixture through an intake valve on the downstroke and compressing it on the upstroke. Once compressed, the fuel/air mixture is ignited electrically by a spark plug, and the resulting controlled explosion drives the piston back down. This transmits power to the crankshaft, which conveys it through the transmission and ultimately to the wheels. The piston then travels back up, an exhaust valve opens, and waste gases created by com-

Drawings: Our Gang

continued



An exhaust-driven turbine powers a compressor, which forces more fuel/air mixture into the engine to boost horsepower when you accelerate.

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continued

Energy-saving engines

bustion are pushed out into the exhaust system. The more cylinders there are, and the more fuel/air mixture that enters the cylinders to burn, the more power you can generate.

A diesel engine differs slightly *(see diagram)*. Only air is drawn into the cylinders on the pistons' intake downstroke, then the pistons tightly compress the air (2½ to three times as much as in a gasoline engine), generating extreme heat. When diesel fuel is sprayed by a fuel injector into this superheated compressed air at just the right time, the fuel ignites spontaneously. The engine has no spark plugs and no external ignition system (coil, distributor, spark plug wires, etc.) so you don't have to periodically adjust and replace ignition parts. However, the diesel's fuel injection system is more expensive than the gas engine's carburetor, and the much higher compression in the cylinders requires stronger, and costlier, engine parts. That's why diesel engines are more expensive than gasoline engines.

A turbocharger consists primarily of a fanlike turbine that's driven by the hot exhaust gases on their way out of the engine (see diagram). The turbine, in turn, drives a second fan (the compressor) that forces extra fuel/air mixture into the cylinders. This pressurized ("boosted") intake charge is then burned in the conventional way, but since more of it is forced in, more power is produced. A turbocharger is a "demand" system. The more you step on the gas and the faster the engine goes, the greater the exhaust flow and heat. The turbocharger responds by pumping increasing amounts of mixture into the cylinders, and the spread between non-turbocharged horsepower and turbocharged horsepower widens. When the engine is idling or working at low speeds, the turbocharger has little or no effect, and fuel economy remains nearly the same as for a non-turbocharged engine. A turbocharger adds to the cost of a car because the compressor and turbine are precise mechanisms and the engine needs additional parts to prevent damage from too much boost or overheating.

How much do they cost?

Prices of diesel and turbocharged engines vary widely. A diesel engine costs anywhere from about $250 (VW Rabbit) to $800 (Olds Toronado) more than a conventional engine in the same model. (Mercedes-Benz is the exception; their non-turbocharged diesel models are less expensive than the comparable gasoline models.) A turbocharged four-cylinder engine goes for a $540 premium in Ford's Mustang; a Buick or Saab turbo-engine is more expensive because it's part of a performance package that includes other special equipment.

Whether a diesel or turbocharged engine is a worthwhile investment for you depends on the kind of driving you do and the fuel economy you expect.

There are some possible negatives to consider before buying a diesel, despite recent improvements. Diesel fuel is less expensive than gasoline but is also hard to find in many areas. The major advantage of a diesel is miles per

continued





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continued

Energy-saving engines

gallon of fuel (40 versus 25 for a gas engine in the VW Rabbit, 21 versus 14 in the Cadillac Eldorado, according to EPA City figures). Whether you'll save money in the long run depends on how long you keep the car, how many miles you drive it, and how much of a premium you paid for the diesel engine. A diesel engine can outlast a gasoline engine because of the lubricating properties of diesel fuel, but you'll probably have to change the oil more often. And you'll still have to put up with less pep and more noise, vibration, smoke, and odor than you'd get with a gas engine in the same car.

There's also the question of cold-starting a diesel engine. Because combustion of the fuel requires hot air temperatures in the cylinders, a cold engine can be stubborn when starting. "Glow plugs" are provided in each cylinder to heat the air for cold-starting, but they can take a minute or more to warm the air enough to start the engine in cold weather. Some manufacturers have cut the waiting period significantly, and others offer a standard or optional electric engine heater to ease starting.

A turbocharger's biggest drawback may be the extra cost. Keep in mind, however, that your engine will deliver fuel economy almost as good as it would without the added "boost." The V-6 turbocharged engine in Buick's Century Regal coupe, for example, produces 175 peak horsepower versus 115 for the ordinary V-6 and will deliver only slightly less than the regular engine's 19-mpg EPA City rating, depending on how you drive. And while older-generation turbo-engines were somewhat more troublesome and expensive to service than standard engines, that shouldn't be the case with the well developed modern versions. However, tuning up a turbocharged engine is complicated, so you'll have to leave the job to a professional. ■

Diesel and turbocharged cars available in U.S.

DIESEL

- **OLDSMOBILE**/5.7 liter V-8: Toronado; 88 and 98 coupes, sedans, and wagons. 4.3-liter V-8: Cutlass and Supreme coupes, sedans, and wagons.
- **CADILLAC**/5.7-liter V-8 (Oldsmobile engine): Seville and Eldorado.
- **VOLKSWAGEN**/1.5-liter 4-cylinder: Rabbit sedans; Dasher coupe, sedan, and wagon.
- **MERCEDES-BENZ**/2.4-liter 4-cylinder: 240D sedan. 3.0-liter 5-cylinder: 300D sedan, 300CD coupe, 300TD wagon. 3.0-liter turbocharged 5-cylinder: 300SD sedan.
- **PEUGEOT**/2.3-liter 4-cylinder: 504 sedan and wagon.

TURBOCHARGED

- **FORD**/2.3-liter 4-cylinder: Mustang coupes.
- **MERCURY**/2.3-liter 4-cylinder: Capri coupe.
- **BUICK**/3.8-liter V-6: Riviera, LeSabre, Century, Regal coupes.
- **MERCEDES-BENZ** (see diesel list)
- **SAAB**/2.0-liter 4-cylinder: 99 and 900 coupes and sedans.
- **PORSCHE**/3.3-liter 6-cylinder: Turbo sports car.

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Lively Lemon Roll-ups (Makes 8 servings)

- 1/3 cup butter or margarine
- 1/3 cup ReaLemon® Reconstituted Lemon Juice
- 2 teaspoons Wyler's® Chicken-Flavor Instant Bouillon **or** 2 Chicken-Flavor Bouillon Cubes
- 1 teaspoon Tabasco® Pepper Sauce
- 1 cup cooked rice
- 1 (10-ounce) package frozen chopped broccoli, thawed
- 1 cup (4 ounces) shredded sharp Cheddar cheese
- 8 fish fillets (about 2 pounds), fresh or frozen, thawed
- Paprika

Preheat oven to 375°. In small saucepan, melt butter; add ReaLemon, bouillon and Tabasco. Heat slowly until bouillon dissolves; set aside. In medium bowl, combine rice, broccoli, cheese and 1/4 cup lemon butter sauce; mix well. Divide broccoli mixture equally among fillets. Roll up and place seam-side down in shallow baking dish. Pour remaining sauce over roll-ups. Bake 25 minutes or until fish flakes with fork. Spoon sauce over individual servings; garnish with paprika. Refrigerate leftovers.

For dozens of other delicious recipes and cooking hints, send for Borden's New*Idea™ Cookbooks, Wyler's "Bouillon is Basic" and ReaLemon's "Create a Difference." Mail your name, address and 50¢ for each book to: Borden New*Idea™ Cookbooks, P.O. Box 775, Young America, MN 55399.

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Better Homes and Gardens® Kitchen and Bath Ideas magazine is a picture and word tour of interesting kitchens and luxurious baths. It's full of fresh ideas like space saving tricks for small kitchens... step saving plans for big rooms. You'll see color photos of kitchen decorating ideas... the clean lines of the contemporary look, "country kitchens" with the warmth of wood, "hobby kitchens" that are showplaces for their owners' special interest, "cooks' kitchens" equipped for people whose hobby is cooking. And there's an intimate glimpse into some spectacular baths. Some with sunken tubs, some with sunbathing and exercise areas. A fresh idea on just about every page. Go take a look at your kitchen and bath... then pick up a copy at your newsstand.

HUNDREDS OF IDEAS TO MAKE YOUR HOME MORE LIVABLE



Appropriately enough, you can find them in *Hundreds of Ideas by Better Homes and Gardens*, one of the best-read, most-used magazines you'll find on your newsstand. Pages of projects to expand your storage space; make your kitchen easier to work in; put strange, useless nooks and crannies to good use; how to build comfortable furniture with ordinary household tools; redecorating ideas for bathrooms, playrooms, kids' rooms. Every idea results in a practical improvement in your home, well worth the time you'll spend on it. Some you can finish up in an evening or two...others take more time, but all can be done with ordinary skill and simple tools. And every one's fun. *Hundreds of Ideas – 1979* at your newsstand.

A WHOLE HOUSEFUL OF INDOOR PLANTS, HERBS, AND TREES.



Better Homes and Gardens Houseplants and Indoor Gardening is a magazine full of intriguing ideas like forcing tulips and lilies of the valley to bloom in January. Easy ways to keep Christmas poinsettias and Easter azaleas blooming longer. Would you like a kitchen herb garden right in your kitchen? Here's how. Or grow next summer's zinnias, marigolds and other showy annuals indoors from seed. Start a bonsai collection. Freshen your house with orange, lime, and lemon trees... it's easy. And along with all these fascinating ideas come the basic indoor gardening facts of life: potting, proper sunlight, watering, feeding, how to recognize troubles and what to do about them. Plus specific growing directions and suggestions on over fifty most popular houseplants. Start a rewarding hobby. Get *Houseplants and Indoor Gardening* at your newsstand.

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Because More's got the great taste you want in a cigarette. Taste that satisfies. Taste that makes More a truly enjoyable smoking experience.

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More also has the style that could only come from a long, slim, brown cigarette.

Once you get More satisfaction, you'll never accept anything less.

More. For that extra measure of satisfaction.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.

GOOD NEWS PLUS

Sleek storage



If you've found most modular storage systems a bit austere, look at "Vision III," a new group by John Mascheroni for Stanley Furniture. It's an elegantly understated and highly functional collection that works all over the house. The appeal of the design is due in large part to the rich color and subtle surface patterns of primavera wood, a type of mahogany from Central America. In addition, the corners are canted to eliminate the heavy, boxy look of so many modular systems, and the units are realistically scaled to fit comfortably into a small room. Hidden levelers keep even the largest wall units neatly aligned, and spring clips clamp wall units together to eliminate any wobbling.

The "wall" of six units pictured here would leave you poorer by about $2,200, but this is a bargain when you count up what two curio cabinets, two storage units, a chest of drawers, and a TV/bar would cost if you bought them separately.

To complement the storage system, Mascheroni has designed a bed, dining table and chairs, plus several occasional pieces.

Innumerable options are available with this group. If you'd like to know more, you can get a brochure illustrating and describing the collection for $1 from Stanley Furniture, Stanleytown, Va. 24168.

Track lights

What if you want to spotlight a wall of art, but you're afraid track lighting would clash with your Chippendale sofa? Lightolier has just the solution to your dilemma. It's Lytetrough, a baffle light system that conceals the electrified track and spotlights behind a simple wooden cornice. The baffle is made of one-half-inch-thick particleboard with a matte white vinyl veneer finish that can be painted or covered with wallpaper. Lytetrough is available in two lengths, 60 inches and 120 inches. It can be cut to any size and is easily installed by the home carpenter. Lightolier's Lytespan electrified track is attached to the inside of the baffle, and lighting units are clipped to the track wherever you like. You could illuminate an area of five feet for about $180. This would include three lights, track, connectors, and the baffle—in other words, an entire 60-inch-long system. To locate distributors in your area, write Lightolier, 346 Claremont Avenue, Jersey City, N.J. 07305.

Tire tips

The Tire Industry Safety Council has recently updated its 16-page consumer tire guide. In it you'll find information about inspecting your tires, mixing tire types, and understanding tire size designations. The guide also includes load and inflation tables for all types of tires. In addition, the Council offers a "Tire Safety Kit" that contains an air-pressure gauge, a tread-depth gauge, and four tire valve caps, plus the tire guide pamphlet. A self-addressed stamped envelope will get you the booklet free, but the kit is $2.25. Send a check or envelope to Tire Industry Safety Council, Box 1801, Washington, D.C. 20013.

Plant IDs



The American Horticultural Society can supply you with permanent plant labels that are impervious to acids, salt spray, fungus, even graffiti. The aluminum tags are offered in a choice of three background colors (gold, silver, and black), three thicknesses (.020, .032, and .063 inches), and almost any size from a 1x1-inch tag to a 12x18-inch sign. The printing can be in block type or script, and an illustration can be included on the label. Prices are low, too; a 1x1-inch tag, for instance, runs about 85 cents. To order a label, send the full text and the approximate size, color, printing, and thickness to The American Horticultural Society, Plant Sciences Data Center, Mt. Vernon, Va. 22121. They provide a mock-up of your label free.

Family booster

If you're looking for ideas to enrich your family's hours together, you should know about the American Family Society, newly organized to improve the quality of family life. A $15 one-year membership brings you an 86-page book called *FamilyTime,* plus a monthly idea-sharing service and other materials. For details, write American Family Society, Box 9873, Washington, D.C. 20015.

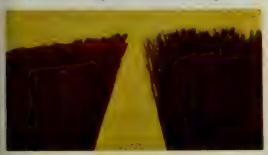
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Sugar shows you the difference: the O-Cedar® Angler doesn't leave a trail you have to sweep again and again. The Angler sweeps cleaner and faster—for the reasons you see below.

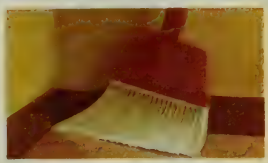
Why an O-Cedar Angler gets the dirt other brooms miss.



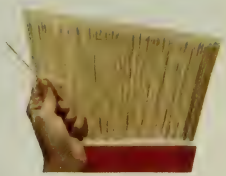
More tips—Angler's special angle cut keeps more bristle tips working for you while you're sweeping.



Closer tips—Angler tips are closer to each other, and there are more of them. Each Angler bristle has about 100 tiny tips.



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O cedar

O-Cedar makes your life easier.

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It tastes like real peppermint. Naturally. Because it's Leroux.



Leroux Peppermint Schnapps straight up, on the rocks, or in a Schnapps Stinger—Mix 1 oz. Leroux Peppermint Schnapps, 2 oz. Leroux Deluxe Brandy. Shake with ice.

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GOOD NEWS PLUS

Sheet update

A long time ago sheets were white, and cotton, and everyone knew muslin was for kids and percale was for grown-ups. Muslin and percale are still around, but just about everything else is different. About ten years ago 50-percent polyester/50-percent cotton blend was introduced, and the long wearing, no-wrinkle, easy-care qualities of this innovative blend brought sheets into the fashion limelight. Although the standard mixture is still 50-percent polyester/50-percent cotton for both muslin and percale, several different fiber blends are now available. Cannon Mills has brought out "Comfortcale," a 60-percent cotton/40-percent polyester mixture developed by Cotton Inc. as "Natural Blend." It has the wash and wear features of 50/50 but offers more of the feel and comfort of cotton. "Caress" from Burlington is a 70-percent polyester/30-percent cotton blend that features Tri-Luxe Dacron. This fiber blend gives you a silky, shiny sheet that has a slightly wicked feel and absorbs color beautifully. Burlington also has "Lustresoft," a 70-percent polyester/30-percent rayon combination that's less expensive than "Caress" but has a similar soft feel. Another mix is 65-percent polyester/35-percent cotton from Spring Mills. The extra polyester assures long wear, faster drying, and a softer hand. If you still have a yen for those crinkly-crisp 1930s sheets, try Wamsutta's Supercale, a 200-thread, 100-percent cotton sheet, or Supercale Plus, also 200-thread count but a 50/50 blend. Finally, there's satin, which is usually acetate and needs light pressing. There are also satin-look sheets of 100-percent nylon that require no ironing. Perfect Fit recently introduced an unseamed satin sheet in a Celanese Fortrel-Arnel blend.

continued



Uninsulated house is exposed to cold, heat. Insulate attic first.



2. In severe climates, add up to a foot (R-38) of Fiberglas* insulation.



Insulate all exterior walls. Also, floors above garages, crawl spaces.



4. Now house is in the pink—with Owens-Corning Fiberglas insulation.

Owens-Corning built this glass house to show you all the places Fiberglas insulation can save you money

The pictures above show *where* the insulation goes.

To decide *how much* you need in each place, check with your Owens-Corning dealer or contractor. He has our guidelines on insulation "R-values" (insulating power) for your part of the country.

People who advertise with glass houses aren't about to throw stones at competitors. But we urge you to insist on insulation with R-values plainly marked, and with an NAHB Research Foundation label verifying that samples have been tested and actually *deliver* the R-value promised.

You won't go wrong if you put your house in the *pink* with Owens-Corning Fiberglas insulation, America's leading brand.



Do it soon. The cost to insulate an average attic (30'x 45') is only a few hundred dollars—and you'll get a bit of a tax break, too. Then just sit back and watch the savings add up, year after year after year.

It's cheaper than oil

OWENS/CORNING
FIBERGLAS
TRADEMARK ®

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JUICY DEAL ON A CHUNKY MEAL.

SAVE 15¢ ON FRISKIES® DINNERS

If you've got a dog who loves rich, meaty chunks...and lots of 'em...we've got a deal for you. A juicy saving of 15¢ on his next three cans of Friskies Dinners. That's a great price on a meal that's full of moist, delicious chunks. So clip this coupon and serve Friskies Dinners for dogs. It's a juicy deal on a chunky meal.

Friskies Dinners from Carnation Chunky Beef Dinner

15¢/3 cans

STORE COUPON

SAVE 15¢ on any 3 varieties of chunky Friskies Dinners for dogs.

FOD-98H-BH

Friskies Dinners Carnation Chunky Beef Dinner

TO DEALER: For each coupon you accept from consumer at time of purchase of the specified product we shall pay you face value (plus 5¢ handling) provided you and your customer have complied with the terms of this offer. Presentation for redemption without such compliance constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Coupon may not be assigned or transferred. Customer must pay any sales tax. Offer good only in U.S.A. void where prohibited, taxed or restricted by law. Coupon is redeemable only through Carnation sales representatives or if mailed to CARNATION COUPONS, Box 171, Pico Rivera, California 90665. Coupon will not be honored if presented through unauthorized persons. Cash value 1/20 of 1¢. Unauthorized reproduction of this coupon is prohibited. ©Carnation Company 1979 Los Angeles, CA

Limit one coupon per purchase.
Offer expires March 31, 1980.

FOD-98H-BH

STORE COUPON

15¢/3 cans

GOOD NEWS PLUS

Scholar's vacation

It may not seem like your dream vacation—you pay a hefty fee for the privilege of working hard—but thousands of people, from high school students to grandmothers, have already discovered the satisfaction of going on an Earthwatch expedition.

This nonprofit organization offers healthy, active 16- to 75-year-olds the opportunity to join scientific expeditions all over the world and to participate in the excitement of actual field research. You share the cost of the two- to three-week-long expeditions, and the average contribution is about $750 plus transportation, but the fee is tax deductible, since your support helps defray the cost of tools, food, supplies, etc. Expeditions offered are in the fields of archaeology, anthropology, and earth and marine sciences. A recent catalog lists projects on the wildlife of Tobago, the Great Basin Desert in Nevada, the Endangered Birds of Hawaii, and Akhenaten: Egyptian Pharaoh.

To sign up, you must be in good health. Other requirements are usually minimal, but some expeditions may call for special qualifications. Anyone interested in the Nevada desert project, for instance, should have a "tolerance for primitive living conditions." In order to join an Earthwatch expedition, you must be a member of the organization. The annual fee is $20 and entitles you to three catalogs a year outlining the research projects scheduled for the next several months. If you just want to know more about the program, however, you can write for free information (which will include the first catalog) from Earthwatch, Ten Juniper Road, Box 127Z, Belmont, Mass. 02178. Earthwatch also sponsors a scholarship program for qualified students aged 16 to 23. A $5 non-refundable application fee is required of all applicants. ■

Fisher-Price toys keep their promises.



They promise to keep their wheels and heads and handles. They promise to keep their edges smooth and their toots tooting, their tunes playing and their works working. From child to child. And often from generation to generation.

Our other promises are more complicated. To get a child curious—because a curious child learns more than you'd dream of. To keep them busy making that small contented racket playing farmer or disc jockey or General Director of the world. (Our toys let them make their own rules.) And most of all to be great fun.

It's old-fashioned to make toys this way. But that's what Fisher-Price Toys are all about. Because as every parent knows, a promise made to a child is more than a guarantee.

A promise is a promise.



Free Offer from Pella.

A booklet about wood folding doors that'll save space and money.

See the many ways Pella Wood Folding Doors can make the most of the space you have and save money, too. You can add a closet, divide a room or close off an area without changing your floor plan, and without the expense of building stub walls and dropped headers needed for ordinary doors. So you save on building materials and labor. Pella doors are available in contemporary and traditional designs, in genuine wood veneers and wood grain vinyl.



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Mail to: Pella Windows & Doors, Dept. C01C9, 100 Main St., Pella, Iowa 50219.
Also available throughout Canada
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Only Pella offers it all.

HOUSEPLANT HOW-TO

The common names of houseplants can be confusing. Many plants are known by several names, which may vary in different parts of the country. The two plants shown here are commonly called ferns, yet neither is a true member of the fern family. Their fernlike foliage accounts for their nicknames, but these plants' care requirements are considerably different from true ferns'.

Photograph: Mike Dieter



This is the artillery fern, known botanically as *Pilea microphylla.* (Pileas are in the urticaceae family; most true ferns are in the polypodiaceae family.) The foliage of the artillery fern looks feathery, but it is not soft and supple to the touch. The small, nubby leaves break off easily, and the plant sheds when bumped.

Artillery fern needs bright, indirect light; a spot several feet away from an east or west window is ideal. Avoid putting the plant any closer to the window, as the leaves tend to burn and shed in too-bright light.

Always keep the soil just slightly moist—the plant should never dry out completely, nor should it sit in water and become soggy. If your plant is in a ceramic pot as this one is, be sure you put a shallow layer of pebbles or small stones in the bottom to allow for drainage. Artillery ferns should be fed in the spring; you can feed lightly in the fall, too. Be careful not to overfeed, however, or the leaves will quickly turn brown and fall off.

Most artillery ferns look splendid for a year or so after you purchase them, but then they tend to get scraggly and out of shape. The best way to revive an ailing plant is to take stem cuttings and start it all over again. Artillery ferns can also be propagated by root division, if you prefer.

The always-popular sprengeri asparagus fern is a favorite with beginning indoor gardeners. It grows quickly, and



Photograph: William Hopkins

its lush foliage makes it one of the prettiest plants available for a hanging planter. Botanically, the plant is *Asparagus densiflorus* 'Sprengeri'; the asparagus genus is in the liliaceae family.

The same kind of light recommended earlier for the artillery fern is needed by the asparagus fern; place it in an east or west window and rotate the plant periodically. Asparagus fern is more sun-tolerant than artillery fern, so you needn't worry about burning a hanging plant as long as it's at least 12 to 18 inches away from the window.

Keep the plant's soil just slightly moist at all times. Asparagus ferns will not tolerate overly wet soil for long, but they won't be harmed if they're allowed to dry out occasionally. Feed the plant with a standard houseplant fertilizer in spring—or feed several times a year if you prefer.

A lack of humidity can cause the stems and leaves of the plant to turn brown. To prevent this, mist daily as shown above. Sometimes asparagus ferns turn brown for no apparent reason—often the browning is just part of the plant's natural shedding process. Simply snip the errant stems off at the base with scissors. When the plant becomes overcrowded and thick, fleshy roots appear on the soil surface, divide the plant in two and repot. ■

The Preferred Taste



Taste why
Salem Lights is the largest
selling low tar menthol
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More and more smokers
prefer the mellow flavor,
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total satisfaction.

Salem Lights.



ing: The Surgeon General Has Determined
Cigarette Smoking Is Dangerous to Your Health.

10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report MAY 78.

A DOUBLE-DUTY KITCHEN TABLE

Here's how to build a kitchen table that's doubly useful. The table's sturdiness and good looks make it suitable for family dining. And the marble block inset is ideal for rolling out pastry.



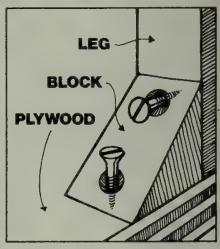
Photograph: Ernest Braun. Design: Dennis Hendrickson. Source: Barbara Cathcart

Since the homeowners preferred a heavy table, they selected maple for the legs and the skirting, maple tongue-and-groove flooring for the top surface, marble for the pastry block, and walnut for the trim. You can choose other materials (such as birch plywood, plastic laminate or synthetic marble, and koa) if you want a lighter weight version.

The table shown measures 72 inches long, 32 inches wide, and 34 inches high. Adjust the dimensions to fit your family's needs, but don't forget to leave enough knee room for the guy at the end.

Build each table leg by butt-jointing 1x4s to form a box. Mortise and tenon the 1x6 cross braces to join each pair of legs. To form a skirting, mortise lengths of 1x6s into the legs.

Next position ¾-inch plywood as a base for the tabletop. To hold the plywood in place, screw down through the plywood into one of the 1x4 leg pieces at each corner. Give the table stability by screwing small wood blocks into the base and the legs as shown, *right*.



Glue and clamp the pastry block to the plywood base. (The block shown is 30 inches square.) Then glue and clamp the table surface material and the trim pieces in place. Give your table a durable surface by sealing the tabletop with several coats of urethane varnish. ■

Hormel Ham Patties are a deliciously easy way to add the great taste of Hormel ham to any meal of the day. Each 12-ounce can gives you six patties—just enough for a family meal



with no leftovers. Fried, baked or broiled, there's just a bare minimum of shrinkage. And any way you cook them up, you're getting the famous taste of a Hormel ham.

Hormel Ham Patties.
Good for three round meals a day.




"Lipton® Iced Tea in the winter? Why not?"
"If you drink other cold drinks in the winter, you ought to try refreshin' Lipton Iced Tea. What makes it taste so good? Guess it's the dandy blend of teas they put in the Flo-Thru® Tea Bag. Makes me a Lipton Iced Tea lover all winter long."
Don Meredith
Lipton
100 TEA BAGS
FLO-THRU



If you load your dishwasher like this,



you need big load Finish®.

Big loads need big cleaning power. And Finish has it. Because Finish has five active cleaning agents to get big loads really clean.

To prove it, these unretouched photos show a full load before and after Finish washed the dishes.

Finish. Made for big load dishwashing.



Family get-togethers

When members of your family get together to celebrate a special event, why not start some new traditions to supplement the established ones? Here's a collection of ideas for activities designed to span the generations and bring people together to share experiences.

Recording the event

Hand out name tags and have each person write down his name and something interesting that's happened during the past year.

An instant-developing camera can add to the fun. If you have a tape recorder, use it to "interview" guests.

Get a new photo album or scrapbook and have each child trace his or her hand print and sign his or her name on a page marked with the date. Repeat this process over the years for a unique family record.

Keeping everyone occupied

Provide activities that appeal to many ages. Checkers, chess, puzzles, photo albums, and sing-alongs are just a few examples.

Plan some change-of-pace intervals. A quiet time for the children is helpful—maybe the older children could read stories to the younger ones.

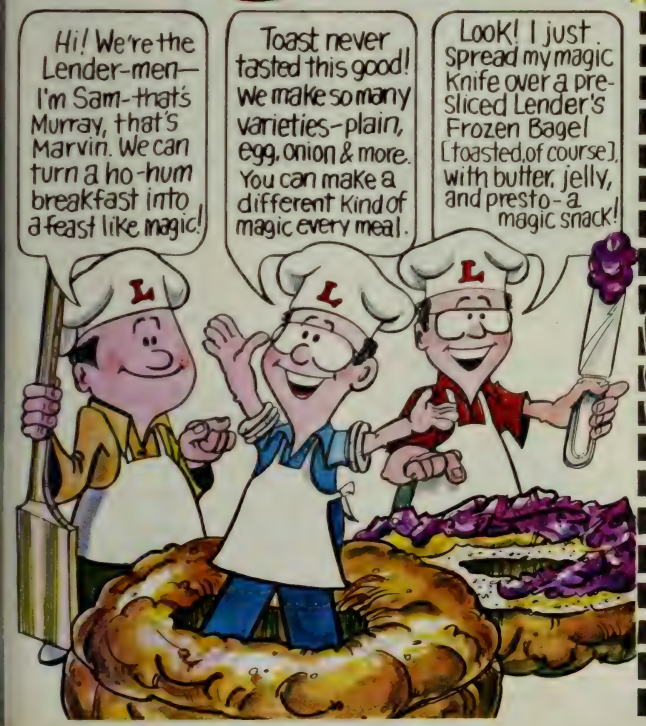
The big meal

If Uncle Mark is famous for his biscuits, ask him to make them for the feast so everyone can observe his secret techniques.

Make sure that parts of the menu appeal to the youngsters and cater to special diet needs. Assign a teen-ager to every preschooler, or use some other buddy system to help with the small children. Don't be tempted to segregate the children to a separate dining area; let them interact with all of the grownups. ■

The Lender-men, Sam, Murray & Marvin introduce

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Lender's Frozen Bagels

Good on all varieties

NO PRESERVATIVES Lender's Bagels PRE-SLICED

To the Dealer: For each coupon you accept as our authorized agent on the purchase by a consumer of the specified product, we will pay you face value plus 5 cents handling charges provided you and your customer have complied with the terms of this consumer offer. Any other application constitutes fraud. Coupon may not be assigned or transferred by you. Void when presented by outside agency, broker or institutional user or where prohibited, taxed or otherwise restricted. Your customer must pay any sales tax. Invoices showing your purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Cash redemption value 1/20 of 1 cent. Good only in the U.S.A. Send to: Lender's Bagel Bakery, Inc., P.O. Box 1327, Clinton, Iowa 52734

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Puts pure aspirin
where it helps...not where it hurts.

Today there's a different form of aspirin that's unlike regular aspirin or buffered aspirin. It's Ecotrin.

Ecotrin has a special Duentric® coating that allows it to pass through the stomach before dissolving. It's more gentle to your stomach, because it doesn't dissolve in your stomach.

And because Ecotrin provides a full dose of aspirin, you get an anti-inflammatory action not possible from aspirin substitutes.

Get relief that's more gentle to your stomach than plain or buffered aspirin; more effective for inflammation than aspirin substitutes.



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Read and follow label directions

When Hans Frabel purchased this 35-year-old house, he decided to make a few changes. Redoing the window areas along the front of the house allowed more natural light to flood into interior spaces and bathe Frabel's houseplants in sunshine. And replacing the typical six-over-six windows with more streamlined fixed glass panels gave the house a clean, contemporary look.

The old double-hung windows were removed from one bedroom, the attic, the living room, and a dark and gloomy enclosed porch. Each window area was enlarged, then fitted with fixed panels of insulated bronze-tinted solar reflective glass. The result of the window remodeling: a traditionally styled house with a pleasantly updated face, energy-wise glass areas, and a brighter, more livable interior.



The front bedroom got an extra measure of window attention. The enlarged window area was bumped out 18 inches from the house facade, and the bedroom floor was extended to accommodate the new dimensions. Plants thrive in the bumpout where they're protected from excess sun by reflective glass. ■

BUILDING

Updating with GLASS

Face-lifting a house doesn't always entail installing new siding or roofing, or even investing in a fresh paint job. Here's an example of how restyling the window areas of a house can update the facade—and give a brighter feeling to interiors.



Photographs: E. Alan McGee. Contractor: Joe Troop. Source: Ruth Grenci

STANLEY PRESENTS FURNITURE FOR CANDY AND DENNIS EAKIN.

Dallas, Texas



Stanley must know we're on our way to the top. Because their Second Edition collection looks like it was created to go right along with us. Whether we're in a duplex or an apartment... or that elegant townhouse we'll have someday... it's scaled to fit right in. Second Edition pieces combine in so many ways, so every room's a showplace. And talk about good looks! Real elm veneers and maple solids in a soft, rich finish. Contrasting brass hardware highlights. And the look of turned rattan and wicker in just the right places. Best of all, Second Edition goes everywhere. In the dining room, bedroom, and living room. We needed flexibility, storage, and display space... we wanted contemporary elegance. And Stanley heard us!

Stanley Furniture
a Mead Company

Manufacturer's suggested retail price for the table, less than $625. For a brochure, send 50¢ to: Stanley Furniture, Dept. 51, Stanleytown, Va. 24168.



"Us Tareyton smokers would rather light than fight!"

Your present filter is only doing half the job, because it doesn't have Tareyton's activated charcoal filtration.
There is no substitute for Tareyton lights.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Tareyton lights: 8 mg. "tar", 0.7 mg. nicotine. Tareyton long lights: 9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.

Grow Something Different

By Douglas A. Jimerson

You'll be inspired to do more than just dream when you thumb through the new crop of garden catalogs. They're brimming with practically irresistible flowers and vegetables. We know, because we got a sneak preview of the new varieties last year, and also garden-tested some old favorites that warrant a second look. Many of these newer varieties have been developed to be far more colorful, disease resistant, and productive than common varieties. On the following pages, you'll find information about some of the flowers and vegetables we found to be extra special.

Photographs Peter Krumhardt





This year, gardening with gladiolus promises to be more exciting than ever, thanks to the introduction of several new varieties. All produce tall spikes of brilliant flowers and handsome swordlike foliage. Two varieties—Green Isle, a bright celery green, on the preceding page, and Gallery, *right,* a light pink with cherry centers—are so sturdy they rarely need staking. Two other varieties—Prince Indigo, magenta with a white stripe, *above,* and Black Stallion, deep purplish black—develop flowers that often measure five to six inches across.

Start gladiolus in the spring after frost danger has passed. For best effect gladiolus should be planted in rows or clumps of four, eight, or more and set six inches apart.

To order our gladiolus collection, see page 61



Grow Something Different



If you want a rose that blooms all summer and is hardy even in areas where winter temperatures regularly drop to 20 degrees below zero, you should try Carefree Beauty, *left*. This newly introduced everblooming shrub rose easily grows four or five feet tall. The deep pink, single flowers often reach five or six inches in diameter. The plants are disease resistant and pleasantly fragrant. At planting time, set Carefree Beauty roses about 3½ to four feet apart.





You'll have plenty of delicious eggplant if you grow Slicer Hybrid, *above*. These unusual plants grow taller and produce far more than ordinary varieties of eggplant. The fruits are meaty and slender, often measuring 15 inches long. They are the perfect shape for easy slicing.

Start Slicer Hybrid indoors under lights, six to eight weeks before the last expected frost. After frost danger has passed, move the seedlings outdoors. Be sure to space new transplants about 24 inches apart. Harvest fruits when they are between six and nine inches long.

Don't think you need a lot of space to grow cucumbers. Now this popular crop is available in several bush varieties that are so compact you can even grow them in containers. Bush Whopper cucumber, *above*, grows quickly and covers an area only about 24 inches in diameter. Mature plants produce eight- to nine-inch cucumbers, ideal for slicing. Harvest the young fruits for pickling.



Bush Whopper cantaloupe, *above,* is perfect for the small-space gardener with a taste for fresh melons. Bush Whopper cantaloupes grow only about three feet in diameter, and a plant usually produces four or five mouth-watering melons. Start seeds outdoors after frost danger has passed. Plant six seeds per hill or cluster, spacing the seeds three inches apart. Later, thin to the three strongest plants.



Grow Something Different



The Gourmet Globe zucchini, *left*, introduced in 1979, produces large quantities of delicious round fruit in as little as 60 days. The vines stay relatively compact, spreading over an area about four feet in diameter. Start the seeds directly in the garden as soon as all danger of frost has passed. Plant in hills, placing six seeds per hill. When the seedlings develop their second true set of leaves, remove all but three of the strongest plants in each hill.



For a truly different petunia try Blushing Maid, *above*. This 1977 introduction produces masses of clear salmon pink, fully double flowers on compact plants that grow to 12 inches tall. And best of all, they'll bloom all summer long. Start petunias indoors under lights at least ten weeks before the last expected frost. Move them outdoors after frost danger has passed, spacing young plants about 12 inches apart.



When your garden plan calls for a colorful edging plant, why not try one of the low-growing varieties of dianthus? Variety Snowfire, *above*, introduced in 1978, produces clusters of 1½-inch white, fringed flowers with bright cherry centers. The foliage is gray-green and attractive. Or, for slightly larger flowers, grow variety Baby Doll, *left*. Both Baby Doll and Snowfire are compact in habit, rarely growing over eight inches high. Start dianthus indoors under lights, or sow the seeds outdoors after frost danger has passed.



For bumper crops of really sweet cocktail tomatoes, you can't beat Sweet 100, *above.* This vigorous tomato variety produces long "ropes" of one-inch tomatoes with as many as 16 individual fruits growing on each rope. Start Sweet 100 indoors about six weeks before the last expected frost. Move the seedlings outdoors after frost danger has passed, being sure to keep newly transplanted seedlings well watered.



Klondike cosmos, *above,* are not as new as some of the other flowers included in this story, but because of their compact, free-flowering growth habit, they deserve to become widely grown. Unlike some of the old-fashioned varieties of cosmos, the Klondike strain does not become excessively tall and rangy. They are self-supporting and flower earlier than other cosmos. And because of their supple stems, they are the perfect choice for windy gardens. Klondike cosmos come in gold, bright red, yellow, and orange and eventually reach 2½ feet tall. Flowers are held above the foliage on long wiry stems. Start cosmos outdoors after all danger of frost has passed. They need full sun but are tolerant of poor soil conditions. Klondike cosmos are especially attractive to honeybees and other insects, and can be planted in vegetable gardens and orchards to increase pollination.

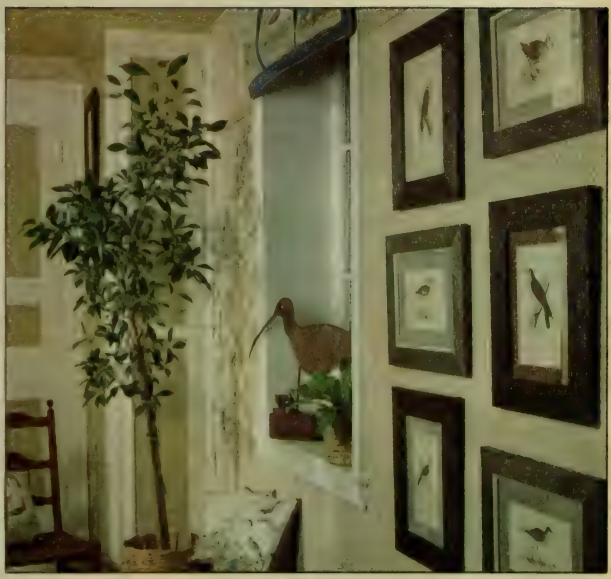
Grow Something Different

Choose complementary frames

Properly displayed, art can create a mood, inspire a color scheme, serve as a decorative accent, and direct the eye toward architectural detail. One of the keys to an effective art display is well-chosen framework.

Keep in mind that a frame should never be more important than the picture it surrounds. The frame should complement the subject matter, tonal value, and size of a picture and help blend it into the background decor.

In the sunlit hallway *at right,* matching roughhewn wood frames are a natural for a collection of bird prints and blend beautifully with the colonial decor. In addition to being appropriate to the subject matter, the thick, rustic frames add visual strength to the delicately etched prints. Pastel mats in varying shades of blue and green further highlight each picture and add a note of subtle color to the collection.



Photograph: Rose Chapple - Decorator: Decorators Showhouse, Baltimore, Maryland; Source: Elsee-A Deymier

Use art in unexpected places

There's always room for art—in any room in the house. Rather than hanging your favorite pictures in a typical dining room or living room location, try displaying them in unexpected places. Your collection can add personality and color punch to a bedroom, bathroom, basement, even the backs of closet doors.

And remember that it isn't necessary to amass replicas of old masters or original oils to start your "gallery" display. Inexpensive prints, posters, or your children's art work can make interesting items for mini art shows.

Here, a display of favorite prints adds flavor to a cozy kitchen. To balance the visual weight of an old Welsh cupboard, the homeowner hung a pair of whimsical prints on the wall above the kitchen table. Nearby, a soft-sculpture chair (a contemporary art form) offers both color and textural impact. Completing the decorative display is a painting that rests on a sliver of shelf near the window.

Buying information, page 188



Photograph: Mike Dieter; Design: Robert E. Dittmer

THE FINE ART OF DISPLAYING ART



Photograph: Fred Lyon. Design: Diana McClun. Source: Barbara East Cathcart

Use crafts artfully

When considering art for your home, don't limit your thinking to paintings. Art can be anything you happen to like, from a contemporary graphic to a handcrafted quilt.

Above, folk art in the form of a hand-stitched quilt was the inspiration for this delightful bedroom setting. Placing the quilt against paprika-colored walls highlights its stylized sunburst design and vivid hues, and creates an attractive "headboard" for the platform bed.

To hang a quilt without damaging it, hand-stitch a casing made of twill or muslin across the top edge of the quilt on the wrong side. Then insert a sturdy curtain rod and hang it from concealed hooks behind the top edge.

Integrate art into the decor

Whether it's a single piece or a special collection, art should do more than merely fill in blank wall space. Art is a unique part of your home's personality and should become as much a part of your decorating scheme as the furnishings you like or the color scheme you select.

In the living area, *right,* several framed prints and a delightful abstract sculpture blend beautifully with the contemporary decor. Displayed on a two-sectioned plywood platform and pedestal, the art is not an adjunct to the decorating scheme, but an integral part of the room. In addition to serving as a place for display, the platform (designed and built by the homeowner) functions as a room divider. An overhead track system provides an easily adjustable light source for both wall-hung and platform-displayed art.



Photograph: Ross Chapple Design: Stephen Glassman. Source: Eileen Alexandra Deymier

Unify with framework

One of the easiest (and most effective) ways to unify an odds-and-ends assortment of paintings or prints is to tie them together with frames.

In the guest bathroom *at right,* an all-one-size frame treatment was used to dramatize a collection of primitive graphic prints. As you can see, the prints themselves are of disparate sizes and shapes. It's the frames—hung on the wall in a symmetrical arrangement—that create visual unity. The white matting surrounding the prints draws the eye to each one and highlights the collection against a background of gunmetal gray.

A mirrored wall behind the marble sink counter reflects the paintings and creates the illusion of additional space. To conceal pipe fittings beneath the counter top, a pleated drape of beige suede cloth was hung on a rod affixed to the counter ledge. Overhead lighting is amplified by the mirror to allow good viewing of the finely detailed prints.

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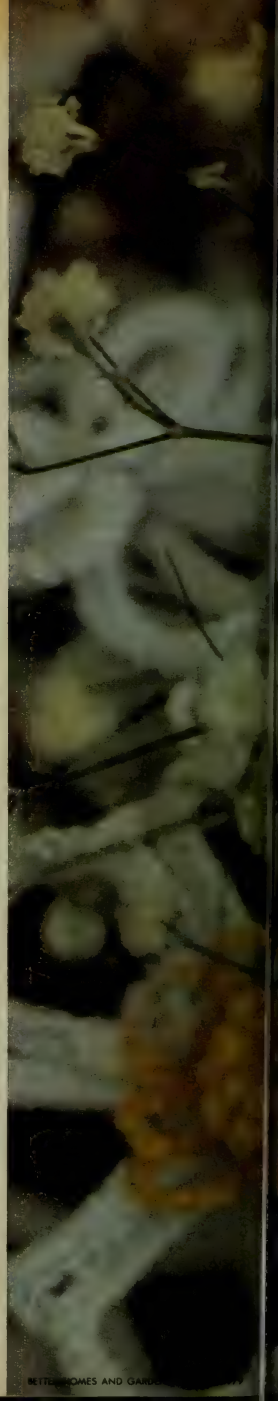


Photograph: Jessie Walker. Design: David Smith

TATTING

New Ideas for a Gentle Art





Photographs: Bradley Olman. Tatting designs and technical assistance: Mary Sue Kuhn

By Nancy Lindemeyer and Gary Boling

Children growing up during the early 1900s were fascinated by the syncopated bobbing of the tatting shuttle as their mothers made lace. Tatting—and related lace-making techniques such as bobbin lace and Battenburg lace—evolved from mariners' utilitarian knots. Eventually lace making was refined to an art form by European nobility.

And now, building on the past, we've updated this delicate Victorian craft to create handfuls of dainty tatted flowers and a doily. Our flowers, made from two different weights of pearl cotton, are fanciful adaptations of daisies and roses. You can arrange these heirloom blooms as a centerpiece, nosegay, or bridal bouquet. The square doily is made from the same medallion pattern as the daisies and is ideal for a place mat or a lace insertion in a larger tablecloth.

Complete how-to for all projects begins on page 156.



Meat Cookery

How to make the most of the meat you buy

By Sally Pederson

If you're like most shoppers, you give meat top priority on your grocery list, and well you should. It's predicted that you'll be buying 142 pounds of meat this year for *each* member of the family, and that amounts to about 24 percent of the average family's food budget. But choosing right at the store doesn't ensure good economy *or* good eating—you've got to cook the meat right, too.

That requires following two simple rules: Use dry heat for tender meat cuts; use moist heat for less tender cuts. Here we explain these cooking basics in terms of the familiar roasting, broiling, and braising methods. To help you match meat cuts with their ideal cooking methods, we provide nine delicious recipes, each with a trio of options. You can choose from corresponding cuts of beef, pork, or lamb to make each entrée. That gives you 27 new ways to enjoy the meat you buy!



Photographs: Maselli/Sanders. Food Stylist: Coena Coffee

Roasting

Roasting is the method of dry heat cooking used for large, tender meat cuts. Simply trim excess fat from the meat, rub it with your choice of seasoning, and place the meat, fat side up, on a rack in a shallow pan. (For a standing rib of beef and a pork loin roast, the bones serve as "built in" racks.) Insert a meat thermometer so that the bulb is centered in the thickest portion of meat and doesn't rest in fat. For accurate reading with bone-in roasts, the thermometer should not touch bone. After roasting, let the meat stand 15 minutes before serving for easier carving.

Checking the meat thermometer.

To double-check the doneness of a roast, push the thermometer a bit farther into the meat. If the temperature drops, continue roasting.

Roast Royale

▲ We've used a *pork loin roast* to house a spicy sausage stuffing and sport a golden apricot glaze, but a *beef rib roast* or *boneless leg of lamb* will work equally well.



Bavarian Roast

◀ *Boneless beef round rump roast* takes on robust flavor when served with a sour cream-beer gravy. While the roasted meat stands 15 minutes to firm up for carving, you can prepare the gravy from the flavorful meat drippings, stewed tomatoes, onions, carrots, sour cream, beer, and a smattering of caraway seed. You can also choose a *lamb shoulder roast* or a *pork shoulder roast* to star in this hearty home-cooked recipe.



Apple 'n Spice Roast

◀ Cinnamon, ginger, and nutmeg make a crisp coating for this roasted *leg of lamb.* Simmer apples in a honey and spice syrup to serve with every succulent slice. You'll find this seasoning "rub" and fruit sauce combination will complement a *beef roast* or *pork loin roast,* too. Try one of these special roasts for a festive company dinner.
Recipes begin on page 130. Buying information, page 188

Meat Cookery

How to make the most of the meat you buy



Braising

The less tender meat cuts need moist heat cooking or braising (popularly called pot-roasting). This cooking method calls for long, slow simmering to tenderize the meat fibers. At the same time, a flavorful liquid develops that's ideal for cooking vegetables and making gravies.

To braise, place meat in a large skillet or Dutch oven (brown quickly in hot oil, if desired, to add color and flavor to the meat). Add a moderate amount of liquid (too much results in boiled, not braised, flavor); and cover tightly. Simmer atop the range or cook in the oven.

Adding liquid to braise

After browning meat, remove pan from heat. Pour liquid onto the meat. Liquid poured directly onto hot pan will evaporate before cooking gets under way.

Mexican Pot Roast

▲ Tomatoes, chilies, and taco seasoning spice up *beef chuck arm roast*, a *pork shoulder roast*, or a *lamb shoulder roast*.



Sweet & Spicy Ribs

◀ Pot-roasting makes these meaty *pork spareribs* so tender the meat almost falls from the bone. The seasoning mixture of sherry, onions, raisins, and cloves can also add a tangy flavor to *beef spareribs* or *lamb riblets*. Serve any of these almond-garnished ribs with your favorite coleslaw recipe and hot homemade biscuits topped with butter.



Orange Marinated Roast

◀This *lamb arm shoulder roast* was oven-braised in a clay pot, along with sweet potatoes and green beans. But you can pot-roast the combination conventionally just as well. The citrus marinade (from orange peel and juice, and orange liqueur) makes a marvelous gravy for *beef pot roast* or *pork shoulder roast,* too.

Recipes begin on page 130.
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Meat Cookery

How to make the most of the meat you buy



Broiling

Broiling seals in meat juices and works best with tender meat cuts between ¾ and two inches thick. To broil, place the meat on a cold broiler rack (meat will stick to a hot broiler rack). Check the manufacturer's directions for your range to adjust the broiler height or oven rack and position the door. Broil the meat on one side for about half the total cooking time. Season the meat just before turning (salt delays browning). Use tongs for turning meat to save the juices. Broil the remaining time; season again.

Using the broiler

To position meat for broiling, measure the distance from the top of the meat surface to the heat element. Close the door of a gas oven while broiling; leave the door of an electric oven ajar so the heat doesn't cycle on and off.

Steak with Chutney

▲ A red pepper-chutney topper goes well with sizzling *beef sirloin steak* as well as *pork blade steaks* and *lamb sirloin chops.*



Mideastern Stuffed Chops

◀ Bulgur, shredded vegetables, cashews, and mint leaves are packed into the pocket of each *pork chop* before it's broiled. This intriguing Mideastern-style stuffing goes well with *beef rib steaks* and *lamb rib chops,* too. Crusty bread and an assortment of fresh greens tossed with vinaigrette dressing make ideal meal partners.



Pâté Burgers

◀ Here's an intriguing variation on the traditional burger. Liver spread and crisp-cooked bacon accent a juicy broiled patty of *ground lamb.* Serve each patty in a toasted hamburger bun and top with a thick tomato slice and crunchy alfalfa sprouts. Try this twist next time using *ground pork* or *beef.* Lamb and beef can be cooked to any desired doneness—rare, medium, or well; cook pork till it is well done.

Recipes begin on page 130.
Buying information, page 188

PASTA MAKING TIPS FROM A PRO

By Sally Pederson

"I put a lot of love in my pasta."

Although Americo learned to make pasta as a boy in Argentina, native Italians would have to concede he's a *sfoglini* (a professional pasta maker) of the first order. After coming to the United States six years ago, he joined forces with Julio Molica and Laura and Edgardo Regini in their neighborhood pasta shop. The blending of talents was a success, and what began as a "take out" pasta kitchen is now Via Fettuccini, the popular Los Angeles restaurant. Via Fettuccini is a *ristorante di pasta.* It serves only pasta entrées—55 of them at last count.

Julio and the Reginis believe that the success of their homemade pasta (and yours) depends on using the freshest of ingredients and refrigerating rather than drying the pasta. They make the pasta daily and either cook it for their restaurant customers or sell it for "take out."

Americo proudly shared his pasta making tips and favorite recipes with us to pass on to you.



Right: Here are three pasta dishes that can become specialties at your house—**Agnolotti alla Piamontese** (Italian dumplings with tomato sauce), **Linguini alla Edgardo** (pasta with shrimp and wine sauce), and **Fiorentina al Forno** (a vegetarian lasagna).
Right: (inset) Julio and Edgardo offer antipasto and wine to complement their pasta.
Below: Although machines are used to cut the noodle pastas, the shaped pastas must be made by hand.

Cappelletti, "little hats," are meat- or cheese-filled dumplings, shaped like a Catholic cardinal's headgear. (Larger dumplings are called Agnolotti.) From left to right: Americo rolls and stretches the dough, using his eye to "measure" the thickness. He cuts the dough in circles, places a spoonful of filling in the center of each circle, then folds and pinches the dough to enclose the filling. To shape the "hats," he overlaps the ends, allowing a cuff to turn up at the front.

Recipes begin on page 142

continued











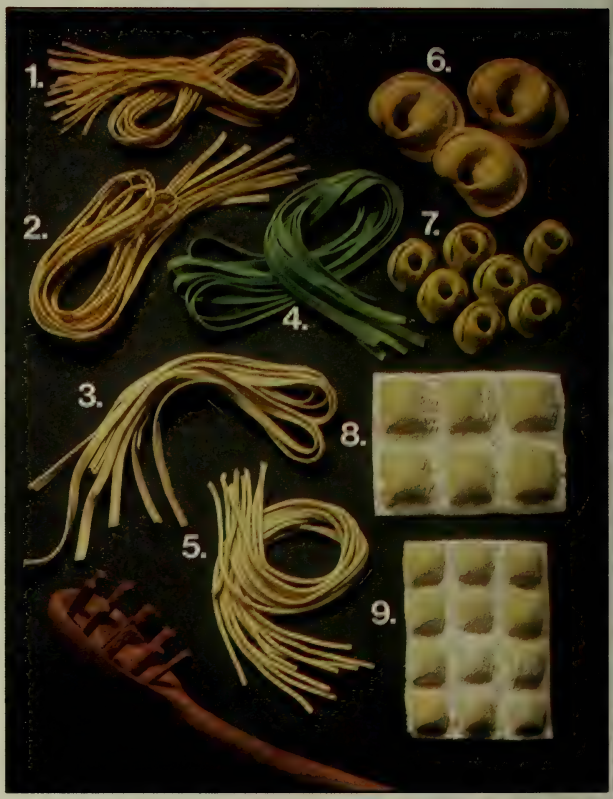




PASTA MAKING TIPS FROM A PRO

Some experts trace the origin of pasta to China through the travels of Marco Polo; others insist its birthplace was the ancient Italian city of Pompeii. With such a long history, it's little wonder that pasta exists in myriad shapes and sizes.

Pictured here are the homemade pastas of Via Fettuccini.



LINGUINI

1. Linguini, the narrowest of the flat noodle pastas, tastes best served with tomato- and wine-based sauces.

TAGLIERINI

2. Taglierini closely resembles fettuccini but is slightly narrower.

FETTUCCINI

3. Fettuccini is probably the best-known flat noodle. Cream sauces will cling to its wide, flat surface, making it ideal for the classic Fettuccini Alfredo.

FETTUCCINI VERDE

4. Fettuccini Verde gets its green color from the spinach used to make the dough. Regular fettuccini can be mixed with green fettucini for a colorful pasta dish.

SPAGHETTI

5. Spaghetti is the round, long-strand pasta ideal for thick tomato sauces.

AGNOLOTTI

6. Agnolotti are filled and shaped dumplings that go well with either red or white sauces.

CAPPELLETTI

7. Cappelletti, or "little hats," are bite-size stuffed dumplings.

PANZOTTI

8. Panzotti are stuffed pasta squares similar to ravioli but larger.

RAVIOLI

9. Ravioli are pasta pockets filled with cheese, meat, or vegetable stuffing. Serve with a red or white sauce or toss with butter or parmesan cheese.

AMERICO'S PASTA POINTERS

- **It takes only minutes to cook pasta right, so give the pasta your full attention.**
- **Fill a large kettle ¾ full with water. Fresh pasta will stick together more easily than dry pasta, so add a few tablespoons of oil to the water to prevent sticking.**
- **To test pasta for doneness, lift one strand from the boiling water. When the strand is cool enough, bite it. It should be slightly firm to the tooth—*al dente*.**
- **Lift the cooked pasta directly from the boiling water onto the serving plate. Do not rinse the cooked pasta. Ladle on hot sauce.**

ITALY

As close as the Campbell's Soup on your shelf.



A Savory Minestrone Main-Dish Soup

Make it quick and easy with Campbell's.

8 slices bacon, finely chopped
1 cup chopped onion
½ cup chopped celery
2 large cloves garlic, minced
1 tsp. basil leaves, crushed
1 can Campbell's Beef Broth
1 can Campbell's Bean with Bacon Soup
1½ soup cans water
1 can (about 16 oz.) tomatoes, undrained
½ cup uncooked ditalini (small tube macaroni)
½ tsp. salt
1 cup cabbage cut in long thin shreds
1 cup cubed zucchini squash

In large saucepan, brown bacon and cook onion and celery with garlic and basil until tender. Stir in soups, water, tomatoes, ditalini, and salt. Bring to boil; cover. Reduce heat; simmer 15 min. Add cabbage and zucchini; cook 10 min. more or until done. Stir occasionally. Makes about 8 cups.



Campbell Soup Company, Camden, N.J. 08101 U.S.A.

Cookbook offer: Enjoy the art of good cooking with Campbell's brand-new cookbook – "The Creative Cook," containing over 250 outstanding recipes. Just send $2.50 (check or money order only) with your name, address and zip code to: CREATIVE COOK, Box 8141, Clinton, Iowa 52732. Offer good only in U.S.A. Allow 8 weeks for delivery. Void if taxed, restricted or forbidden by law. Offer expires June 30, 1979.

A world of good cooking brought home with Campbell's.

begins on page 120

Meat cookery

ROAST ROYALE

Use an all-beef sausage to stuff rare or medium-roasted meats; regular pork sausage must be cooked to the well-done state (170°)—

pork	**2½ hours** (well)	**170°**
beef	**2¾ to 3 hours** (rare)	**140°**
	3¼ hours (medium)	**160°**
	4 hours (well)	**170°**
lamb	**2 hours** (rare)	**140°**
	2½ hours (medium)	**160°**
	3 hours (well)	**170°**

1 5-pound boneless pork loin roast, *or* boneless beef rib roast, *or* boneless leg of lamb roast
1 teaspoon seasoned salt
8 ounces bulk beef *or* pork sausage
6 slices bacon

• • •

2 tablespoons cooking oil
1 tablespoon soy sauce
1 tablespoon vinegar
1 tablespoon molasses
¼ teaspoon pepper

• • •

1 12-ounce can (1½ cups) apricot nectar
1 tablespoon cornstarch
Parsley

Cut and discard string of tied roast. Unroll roast. Sprinkle meat with seasoned salt; fill with sausage. Reroll and tie meat securely. Lay bacon strips crosswise over roast; secure ends of bacon with wooden picks. Place on rack in shallow roasting pan. Insert meat thermometer in center of roast so bulb reaches thickest part of meat.

Roast, uncovered, in 325° oven according to timings in chart above or till desired doneness. Combine oil, soy sauce, vinegar, molasses, and pepper. Baste meat with soy mixture several times during last half of roasting. In saucepan blend apricot nectar and cornstarch. Cook and stir till mixture bubbles; cook 1 minute more. During last 10 minutes of roasting, baste meat with some of the apricot mixture. Place roast on serving platter; let stand 15 minutes. Spoon additional apricot sauce atop meat. Garnish with parsley, if desired. Remove strings as meat is carved. Serve remaining sauce with meat. Makes 8 to 10 servings.

BAVARIAN ROAST

Top quality shoulder or hip cuts are good choices for oven roasting—

beef	**2 hours** (medium rare)	**150°**
	2¼ to 2½ hours (well)	**170°**
lamb	**2 hours** (rare)	**140°**
	2½ hours (medium)	**160°**
	3 to 3½ hours (well)	**170°**
pork	**2½ to 3 hours** (well)	**170°**

1 4- to 5-pound boneless beef round rump roast, *or* boneless lamb shoulder roast, *or* boneless pork shoulder blade Boston roast
1 8-ounce can stewed tomatoes
1 medium onion, chopped (½ cup)
1 medium carrot, shredded (½ cup)
½ cup beer
½ teaspoon caraway seed



If you think this cake is moist, rich and chocolatey...

Hershey's Disappearing Cake

¼ cup butter
¼ cup shortening
2 cups sugar
1 teaspoon vanilla
2 eggs
¾ cup Hershey's Cocoa
1 ¾ cups unsifted all-purpose flour
¾ teaspoon baking powder
¾ teaspoon baking soda
⅛ teaspoon salt
1 ¾ cups milk

Generously grease and flour two 9-inch round cake pans. Cream butter, shortening, sugar and vanilla until fluffy; blend in eggs.

Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well. Pour into pans; bake at 350° for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.

And use cocoa in your favorite frosting recipe, too!

2 tablespoons all-purpose flour
1 8-ounce carton dairy sour cream (1 cup)
½ teaspoon salt
Dash pepper

Sprinkle meat with *salt* and *pepper*. Place meat, fat side up, on rack in shallow roasting pan. Insert meat thermometer into thickest part of meat. Roast, uncovered, in 325° oven according to timings in chart above or till reaches desired doneness. Transfer meat to platter; reserve 2 tablespoons of drippings. Let meat stand 15 minutes. Meanwhile, in a medium saucepan combine stewed tomatoes, onion, carrot, beer, and caraway seed. Bring to boiling; reduce heat and simmer, covered, for 15 minutes or till vegetables are tender. Blend flour into sour cream; gradually stir in the reserved 2 tablespoons drippings. Stir about ½ cup of cooked vegetable mixture into sour cream mixture; return all to saucepan. Cook and stir till thickened and bubbly. Season with salt and pepper. Slice meat; serve sauce over slices. Garnish platter with endive, if desired. Makes 8 to 10 servings.



APPLE 'N SPICE ROAST

Since pan drippings are minimal when roasting, this sauce begins with honey and water—

lamb	**2 to 2½ hours** (rare)	**140°**
	2½ to 3¼ hours (medium)	**160°**
	3 to 3½ hours (well)	**170°**
beef	**2 to 2½ hours** (rare)	**140°**
	2½ to 3¼ hours (medium)	**160°**
	2¾ to 4 hours (well)	**170°**
pork	**2½ to 3 hours** (well)	**170°**

1 4- to 5-pound leg of lamb roast, *or* beef rib roast, *or* pork loin center rib roast
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon ground ginger
½ teaspoon ground nutmeg
½ teaspoon ground cinnamon
¼ cup honey
¼ cup water
1 tablespoon lemon juice
¼ teaspoon ground ginger
¼ teaspoon ground nutmeg
¼ teaspoon ground cinnamon
2 medium apples, cored and cut in wedges

Rub outside of roast with mixture of the 1 teaspoon salt, the pepper, ginger, ½ teaspoon nutmeg, and ½ teaspoon cinnamon. Place meat, fat side up, on a rack in shallow roasting pan. Insert meat thermometer into center of roast so bulb reaches thickest part of the meat and doesn't touch bone. Roast, uncovered, in 325° oven according to timings in chart above or till meat reaches desired doneness. Transfer to serving platter. Let stand 15 minutes. Meanwhile, in medium skillet combine honey, water, lemon juice, and remaining spices; bring to boiling. Add apple wedges. Simmer, covered, over low heat 8 to 10 minutes or just till tender. Garnish serving platter with some of the apples and endive, if desired; serve remaining sauce with meat slices. Makes 8 to 10 servings.

continued on page 134

Taste what happens whe
Introducing the



Slightly sweet and slightly tart.
Cool, creamy, and delicious.

1. Just fold the tangy taste of your favorite strawberry yogurt (two 8-oz. containers) into the creamy fresh taste of BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping (one 8-oz or 9-oz. tub). Spoon into a delicious JOHNSTON'S® Graham Cracker READY-CRUST.® That's it. Now your freezer does the rest.

2. Freeze until firm (about 4 hours). Remove fr freezer 30 minutes before serving (or longer for softer texture) and place in refrigerator. Garnish with fresh strawberries. In the unlik event that any pie is left over, just store it in your freezer.

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Cool Whip® meets Yogurt.
Minute Yogurt Pie.



lore tempting 3 Minute Yogurt Pie ideas.



Cool Whip's Tangy Lemon Yogurt Pie.
Simply follow the basic yogurt pie recipe using lemon yogurt. For extra added tang, old in one tablespoon of grated lemon rind.



Cool Whip's Beautiful Blueberry Yogurt Pie.
Follow the basic yogurt pie recipe using blueberry yogurt. Garnish the pie with resh or frozen blueberries.



continued from page 131

Meat cookery

STEAK WITH CHUTNEY

beef 5 minutes per side (rare)
7 minutes per side (medium)
lamb 8 minutes per side (medium)
pork 10 minutes per side (well)

- **1 2½ pound beef sirloin steak, cut 1 inch thick, *or* 4 pork blade steaks, *or* 4 lamb leg sirloin chops**
- **1 9-ounce jar (⅔ cup) chutney**
- **2 tablespoons butter *or* margarine**
- **2 tablespoons lemon juice**
- **2 to 3 teaspoons curry powder**
- **1 small red *or* green pepper, cut in rings**

Slash fat edges of meat to prevent curling. In small saucepan combine chutney, butter or margarine, lemon juice, and curry powder; heat and stir till butter melts and mixture bubbles. Place steak on unheated rack or broiler pan. Broil 3 inches from heat according to the chart above. Brush meat with some of the chutney mixture after half the broiling time. Turn. Continue broiling to desired doneness. Add pepper rings to remaining sauce; heat through. Spoon over meat. Serves 4.

MIDEASTERN STUFFED CHOPS

Beef rib steaks (often labeled "club steaks") come from the small end of the rib section. Corresponding cuts of lamb or pork are called rib chops—

- **6 pork chops, *or* 4 beef rib steaks, *or* 8 lamb rib chops, cut 1 inch thick**
- **1 cup water**
- **⅓ cup bulgur wheat**
- **¼ cup chopped celery**
- **¼ cup chopped onion**
- **¼ cup shredded carrot**
- **½ teaspoon salt**
- **¼ cup chopped cashews**
- **1 tablespoon snipped parsley**
- **1 tablespoon snipped fresh mint (optional)**

Salt and pepper

Using a short-bladed knife, cut a pocket in each chop or steak cutting from fat side to bone edge. In saucepan combine water, bulgur wheat, celery, onion, carrot, and the ½ teaspoon salt. Cover and simmer 20 to 25 minutes or till vegetables and bulgur are tender. Stir in cashews, parsley, and mint. Spoon an equal amount of bulgur stuffing into each meat pocket. Place meat on cold broiler pan. Broil 2 to 3 inches from heat for 10 to 12 minutes. Season with salt and pepper. Turn meat. Broil 10 to 12 minutes longer. Season with salt and pepper. Garnish with fresh mint, if desired. Makes 4 to 6 servings.

PÂTÉ BURGERS

- **1 pound lean ground lamb, *or* ground pork *or* ground beef**
- **4 slices bacon, crisp-cooked, drained, and crumbled**
- **1 4¾-ounce can liver spread**
- **½ teaspoon onion salt**
- **4 hamburger buns, split and toasted**
- **4 tomato slices**

Alfalfa sprouts

Combine ground meat, bacon, liver spread, and onion salt; mix lightly. Shape into 4 patties, ¾ inch thick. Place on cold broiler pan. Broil 3 inches from heat for 6 minutes. Turn

INTRODUCING THE





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patties; broil 4 to 6 minutes longer for medium doneness. (Broil pork burgers till well done.) Place in buns. Top with tomato and sprouts. Serves 4.

MEXICAN POT ROAST

Beef, lamb, and pork roasts from the shoulder or chuck section make fork-tender pot roasts. Either blade or arm cuts can be used—

- **3- to 3½-pound beef chuck pot roast, *or* pork shoulder blade Boston roast, *or* 2½- to 3-pound lamb shoulder arm roast**
- **2 tablespoons cooking oil**
- **1 8-ounce can tomatoes, cut up**
- **1 4-ounce can green chilies, drained, seeded, and chopped**
- **¼ cup water**
- **½ envelope (2 tablespoons) taco seasoning mix**
- **2 teaspoons beef bouillon granules**
- **1 teaspoon sugar**
- **¼ cup cold water**
- **2 tablespoons all-purpose flour**

In Dutch oven brown meat on both sides in hot oil. (If using pork, drain off excess fat.) Combine *undrained* tomatoes, chilies, the first ¼ cup water, dry taco seasoning mix, bouillon granules, and sugar; pour over meat. Simmer, covered, for 2 to 2½ hours or till meat is tender. Remove meat to warm platter. Pour juices into measuring cup. Skim off fat. Add water if necessary to make 1¾ cups liquid; transfer to saucepan. Blend the ¼ cup cold water into the flour; add to mixture in saucepan. Cook and stir till thickened and bubbly. Slice meat; serve with taco gravy. If desired, serve with corn bread and avocado-tomato-and lettuce salad. Makes 6 servings.

SWEET AND SPICY RIBS

Plan on 4 servings from the beef and pork ribs, 2 from the lamb riblets

pork 1½ hours
lamb 1 hour
beef 2 hours

- **3 pounds pork spareribs, *or* beef spareribs, *or* lamb riblets**
- **2 tablespoons cooking oil**
- **1 cup dry sherry**
- **1 large onion, chopped (1 cup)**
- **½ cup water**
- **½ cup light raisins**
- **2 cloves garlic, minced**
- **2 tablespoons sugar**
- **2 teaspoons salt**
- **¼ teaspoon pepper**
- **¼ teaspoon ground cloves**
- **2 tablespoons cold water**
- **4 teaspoons cornstarch**
- **¼ cup toasted slivered almonds**
- **¼ teaspoon Kitchen Bouquet (optional)**

Cut meat in 2 or 3 rib portions. In large heavy oven-going skillet or 4-quart Dutch oven, brown ribs in hot oil, a few pieces at a time, 3 to 4 minutes or till browned on both sides. Drain off excess fat. Return all ribs to pan. Remove pan from heat; add sherry, the onion, the ½ cup water, raisins, garlic, sugar, salt, pepper, and cloves. Cover and cook in 350° oven according to timing in chart above, or till meat is tender. Remove ribs to warm serving platter. Pour pan juices into measuring cup. Skim off excess fat (add water, if necessary, to make 2 cups liquid). Return to pan. Blend the

continued

SUPREME FISH KABOB.



For instance, you might like the Supreme Classic Kabob. Cook up the Supreme Light Batter Fish Kabobs and then skewer them with tomato, green pepper, mushroom, and onion on a bed of Success Rice.

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2 teaspoons dried basil, crushed
1½ teaspoons salt
1 teaspoon worcestershire sauce
1½ pounds sweet potatoes, peeled and quartered (3 or 4 medium)
1 9-ounce package frozen whole green beans, thawed
1 tablespoon cornstarch
1 tablespoon cold water

Place roast in plastic bag; set in bowl. Combine orange peel, orange juice, orange liqueur, cooking oil, green onion, basil, salt, and worcestershire sauce. Pour over meat in bag. Close bag. Chill several hours or overnight, squeezing bag several times to distribute marinade. Fill 3-quart clay pot and upturned lid with cold water; let stand 10 minutes. Pour off water. Place roast *and* marinade in clay pot. Cover; place in *cold* oven. Set oven temperature at 400°. Bake according to timings in chart. Place potatoes and green beans around meat, basting with marinade. Cover and return to oven. Bake 30 to 40 minutes longer or till meat and vegetables are tender. Transfer meat and vegetables to warm platter. Pour juices into measuring cup; skim off excess fat (add water if necessary, to make 1 cup liquid). In saucepan blend the cornstarch and cold water. Add the 1 cup reserved liquid. Cook and stir till bubbly. Season to taste with *salt* and *pepper*. Slice meat; serve gravy with meat and vegetables. Makes 6 to 8 servings. ■

LIPTON. THE MOST DELICIOUS TASTE IN SOUPS.

continued

Meat cookery

2 tablespoons cold water and the cornstarch; stir into pan juices. Cook and stir till bubbly. Stir in almonds. Add Kitchen Bouquet, if desired. Serve sauce with ribs. Makes 2 to 4 servings.

ORANGE MARINATED ROAST

To pot roast in a conventional pan or Dutch oven, brown the meats in a small amount of oil; add marinade and vegetables, and bake, covered, in a 325° oven for 2½ hours, adding vegetables for last 30 minutes of baking time. Instructions and timings for clay pot cooking are given below—

lamb 1½ hours + 30 minutes
pork 1½ hours + 30 minutes
beef 2 hours + 30 minutes

1 3-pound lamb arm roast, *or* beef chuck arm or blade pot roast, *or* pork shoulder blade Boston roast
1 teaspoon finely shredded orange peel
½ cup orange juice
¼ cup orange liqueur
¼ cup cooking oil
¼ cup sliced green onion

The most delicious soup in a pot.

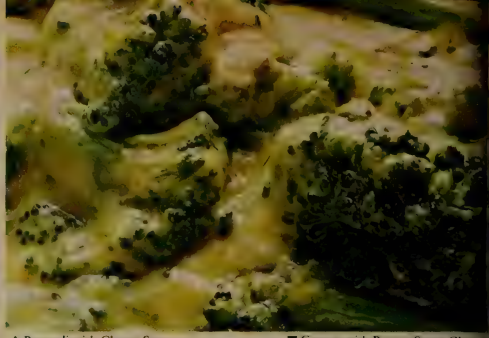
Give a sniff while it simmers. That's freshness you're cooking up when you make Lipton® Soup Mix. So delicious your family will love it. When you make soups by the pot – make 'em Lipton Soup Mix.




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Macaroni &
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▲ French Green Beans with Toasted Almonds ▼ Small Onions with Cream Sauce



▲ Broccoli with Cheese Sauce ▼ Carrots with Brown Sugar Glaze





This year when they come home for the holidays, they'll even remember the vegetables.



Part of the joy of the holiday season is preparing special meals for family and friends. The best china comes out. The silver gleams. You want everything just perfect. And a perfect way to complement your holiday feast is with Birds Eye Combinations – tempting varieties of vegetables in cream sauces, in cheese sauces, glazed, even mixed with almonds. And this year, someone's sure to ask for your broccoli in cheese sauce recipe.



BIRDS EYE **Birds Eye® Combinations**

Above photographs are approx. 2 times actual size.

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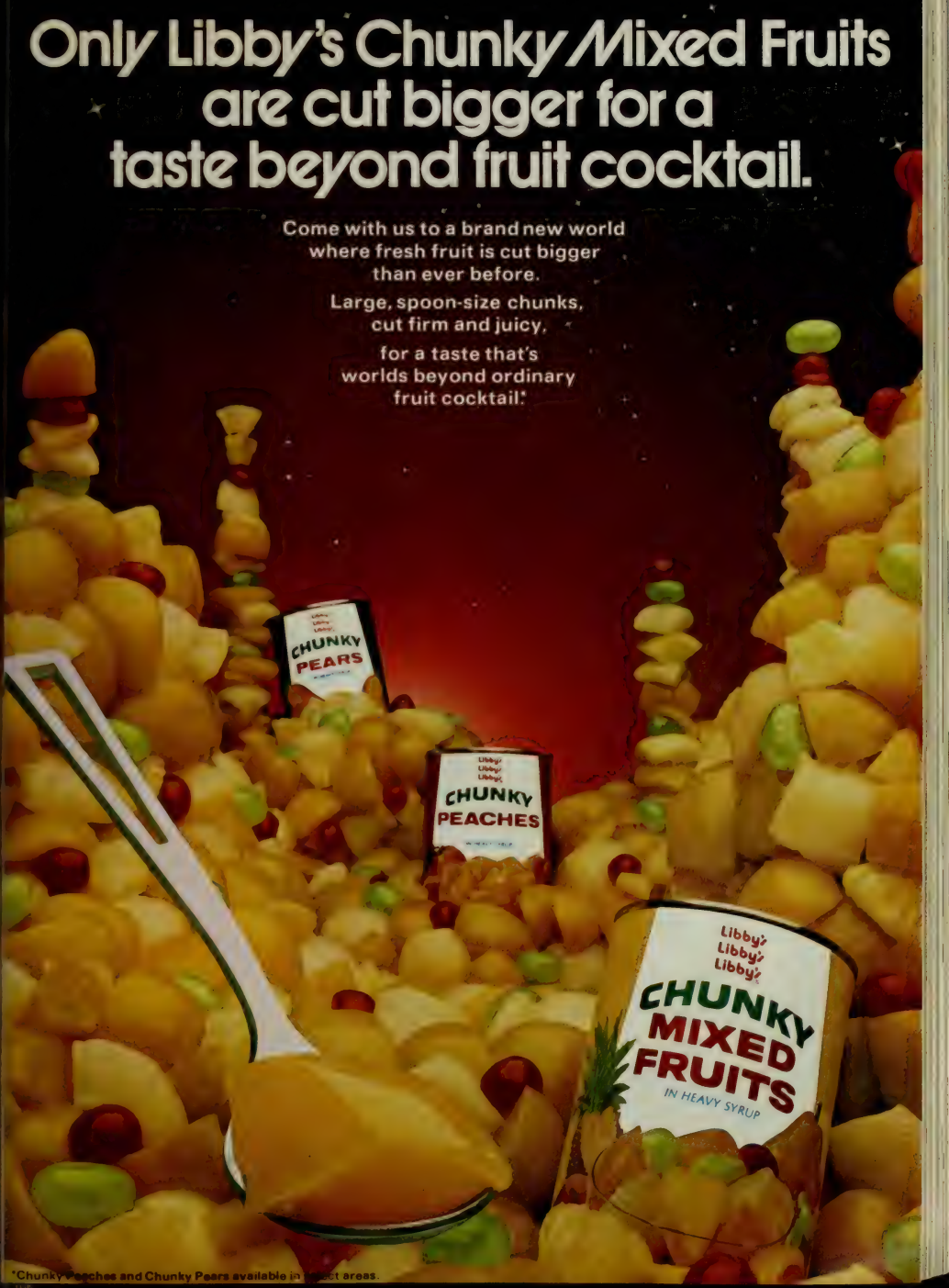
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for a taste that's worlds beyond ordinary fruit cocktail.*



*Chunky Peaches and Chunky Pears available in select areas.

begins on page 126

Pasta making tips

You can make these homemade pastas by hand, or use one of the many machines available for rolling and cutting noodles. For more information on manually operated pasta machines, turn to page 61.

BASIC PASTA

2⅓ cups all-purpose flour
2 egg whites
1 whole egg
¼ cup water

In large bowl place *2 cups* of the flour. Combine the egg whites, whole egg, and water; add to flour and mix well. Sprinkle kneading surface with remaining flour. Turn dough out and knead for 8 to 10 minutes or till smooth and elastic. Cover; let rest 10 minutes. Divide dough into thirds. On lightly floured surface, roll each piece to a rectangle about 15x12 inches. (If dough becomes too elastic during rolling, cover and let rest 5 minutes.) Using sharp knife or pasta machine, cut dough into strips of desired width. (Or, dust surface of dough generously with flour and roll up jelly-roll fashion; cut. Lift and shake noodles to separate.) Cook fresh pasta in large amount of boiling salted water for 5 minutes; drain. Use pasta in recipes below. Or, toss with *butter* or *margarine* and serve.

To store pasta, wrap with clear plastic wrap or place in airtight container and refrigerate. Use within 2 to 3 days. Makes about 1 pound uncooked pasta.

For Fettuccini: Cut pasta dough into ¼-inch-wide strips.

For Linguini: Cut pasta dough into ⅛-inch-wide strips.

For Lasagne: Cut pasta dough into 3-inch-wide strips.

PASTA VERDE

2¾ cups all-purpose flour
2 egg whites
1 whole egg
¼ cup water
¼ cup very finely chopped cooked spinach, well-drained

In large bowl place *2½ cups* of the flour. Combine the egg whites, whole egg, water, and spinach; add to flour and mix well. Sprinkle kneading surface with remaining flour. Turn dough out and knead 8 to 10 minutes. Cover; **continued**



"Lea & Perrins Worcestershire Sauce brings out the flavor of my original recipe for Supreme de Volaille."



—Chef Maurice Peguet. Co-owner. Chambord Restaurant. Los Angeles. Cal.

"I've used Lea & Perrins for as long as I can remember. It adds just the right flavor to my Supreme de Volaille, and many other recipes as well." Creative chefs throughout the world use Lea & Perrins to add a distinctively different flavor to a long list of original recipes.

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Make your next dish an original with the Original Worcestershire Sauce-Lea & Perrins.

Chef Peguet's Supreme de Volaille

2½ lb. chicken parts
5 Tbsp. flour
1 Tbsp. salad oil
1 Tbsp. butter
½ c. chopped onion
½ c. red wine vinegar
2 Tbsp. tomato paste
2 c. heavy cream or half and half
2½ tsp. Lea & Perrins Worcestershire Sauce
1½ tsp. salt

Coat chicken with flour; shake off excess. In large skillet heat oil and butter until hot. Add chicken; saute over medium heat until browned and cooked through, 20 to 25 min. Remove chicken to serving platter; keep warm. Drain off all but 1 Tbsp. drippings. Add onion to skillet; saute until tender. Stir in vinegar and tomato paste; bring to a boil, stirring constantly. Blend in cream; cook and stir until thickened, about 3 min. Stir in Lea & Perrins and salt; heat until hot; spoon over chicken. Yield: 4 portions.

For more recipes, see our free cookbook offer on the bottle

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continued

Pasta making tips

let rest 10 minutes. Roll and cut dough as for Basic Pasta.

AGNOLOTTI AND CAPPELLETTI WITH CHICKEN FILLING

To shape pasta, follow the step-by-step photographs on page 126—

1 small chicken breast
¼ cup finely chopped onion
1 tablespoon olive oil
½ pound lean ground beef
2 tablespoons finely chopped mushrooms
¼ teaspoon salt
⅛ teaspoon *each* chili powder, and dried thyme, dried oregano, and dried basil, crushed
Dash paprika
⅓ cup grated parmesan cheese
1 slightly beaten egg
1 recipe Basic Pasta (page 142)
1 recipe Tomato Sauce (recipe right)

Simmer chicken breast in a small amount of water about 15 minutes. Cool. Remove meat from bone; dice meat finely or coarsely grind. Discard bone. Cook onion in olive oil till tender. Add chicken; cook 2 to 3 minutes. Add ground beef, mushrooms, and seasonings. Cook till beef is done, stirring constantly to break up meat. Remove from heat; cool. Stir in parmesan and egg. Makes 2½ cups filling. (Refrigerate or freeze any leftover filling.)

To make Agnolotti: On floured surface roll Basic Pasta to an 18x15-inch rectangle, slightly less than ⅛ inch thick. With a 3-inch round cutter, cut dough into 32 rounds. Cover rounds with a kitchen towel to prevent drying. Place 1 tablespoon prepared filling in the center of each round of pasta; moisten edge of rounds with water and fold in half, pinching edge to seal. With the folded edge toward you, bring the two ends around and pinch together, forming an upturned cuff around the circular meat-filled pasta. Repeat with remaining pasta and filling. Makes 32.

To make Cappelletti: Roll out Basic Pasta dough as for Agnolotti. Using a 2-inch round cutter, cut 65 to 70 rounds of pasta, covering rounds to prevent drying. Using 1 scant teaspoon filling for each, shape and seal as for Agnolotti. Makes 65 to 70.

Cook fresh pasta in large amount of boiling salted water 14 to 16 minutes for Agnolotti; 10 to 12 minutes for Cappelletti. Drain. Top with hot Tomato Sauce.

TOMATO SAUCE

½ cup chopped onion
1 clove garlic, minced
2 tablespoons olive oil
2 16-ounce cans stewed tomatoes
2 16-ounce cans Italian tomatoes, cut up
¼ cup dry red wine
2 teaspoons dried basil, crushed
1 teaspoon salt
¼ teaspoon *each* black pepper, crushed red pepper, paprika, and dried oregano and thyme, crushed

In large saucepan or Dutch oven, cook onion and garlic in olive oil till well-browned. Add *undrained* tomatoes, wine, and seasonings. Bring to a boil; reduce heat and simmer, uncovered, for 45 minutes or till thick,



stirring occasionally. Makes 5 cups.

AGNOLOTTI ALLA PIAMONTESE

1 recipe Agnolotti (page 144)
1 recipe Tomato Sauce (page 144)
⅔ cup chopped walnuts

Prepare Agnolotti. Cook according to directions. For each serving, arrange about 6 hot cooked Agnolotti on a serving plate; top with ½ cup hot Tomato Sauce. Sprinkle with 2 tablespoons chopped walnuts. Serves 5.

LINGUINI ALLA EDGARDO

You can use 6 ounces packaged linguini noodles in place of homemade

⅓ recipe Basic Pasta (page 142)
2 cloves garlic, crushed
¼ cup butter *or* margarine
6 anchovies
2 cups fresh *or* frozen tiny shrimp
1 cup Tomato Sauce (page 144)
⅓ cup dry white wine

Prepare Basic Pasta. Roll out ¼ of dough and cut as directed for linguini.

Meanwhile, in a medium skillet cook garlic in butter 1 to 2 minutes. Add anchovies, mashing with the back of a spoon add shrimp, Tomato Sauce, and wine. Cook and stir about 4 to 6 minutes or till bubbly. Cook linguini in boiling salted water for 4 minutes; drain. Turn onto serving platter. Spoon sauce over; sprinkle with parsley, if desired. Serves 2 or 3.

LASAGNE FIORENTINA AL FORNO

You can use 6 ounces packaged lasagne noodles in place of homemade—

⅓ recipe Pasta Verde (page 142)
½ cup chopped onion
2 tablespoons olive oil
2 cups chopped fresh spinach
1 cup chopped Swiss chard
2 cups coarsely chopped lettuce leaves
½ cup fresh *or* frozen peas
1 cup cooked sliced carrots
1 recipe White Sauce
4 slightly beaten eggs
½ cup grated parmesan cheese
1½ cups shredded mozzarella cheese (6 ounces)
1 cup Tomato Sauce (page 144)
1 cup sliced fresh mushrooms
1 tablespoon butter *or* margarine

Prepare Pasta Verde. Roll out ¼ of dough and cut as directed for lasagne. Cook lasagne noodles in boiling salted water for 4 minutes; drain.

Cook onion in olive oil till tender. Add spinach, Swiss chard, lettuce, and peas. Cover tightly; cook over low heat 5 minutes. Drain; cool. Coarsely grind vegetable mixture with ½ *cup* of the carrots; add *1 cup* of the White Sauce. Stir in eggs, parmesan, and ½ teaspoon *salt*.

Layer *one-third* of the cooked lasagne noodles in a buttered 13x9x2-inch baking dish; spread with *one-third* of the vegetable mixture. Repeat layers 2 more times, ending with vegetable mixture. Sprinkle with mozzarella and remaining carrots. Pour remaining White Sauce over. Bake, covered, in a 350° oven for 35 to 40 minutes. Top with hot Tomato Sauce. Cook mushrooms in butter till tender. Spoon atop casserole. Serves 12.

White Sauce: In saucepan blend 6 tablespoons *butter or margarine*, ⅓ cup *all-purpose flour*, ¾ teaspoon *salt*, ¼ teaspoon *ground nutmeg*, and ⅛ teaspoon *pepper*. Add 2½ cups *milk* all at once. Cook and stir till thickened and bubbly. ■

with the Cream of Cheese.

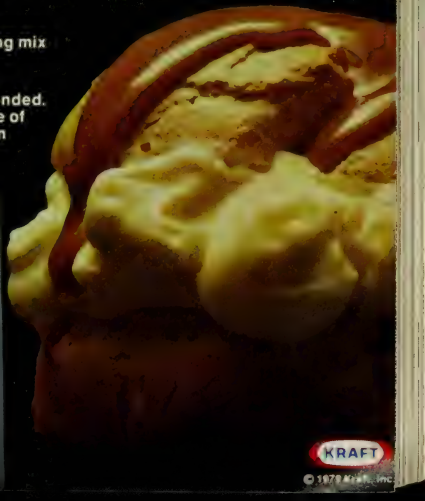
Start with the pure creamy richness of the cream of cheese, Philadelphia Brand cream cheese, to create a fluffy cloud of luscious filling.

FILLED CREAM PUFFS

2 cups milk
1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
1 3¾-oz. pkg. instant vanilla pudding mix
8 Cream puffs
KRAFT Caramel Topping

Gradually add ½ cup milk to softened cream cheese, mixing until well blended. Add pudding mix and remaining milk; beat slowly 1 minute. Cover surface of pudding with waxed paper or transparent wrap; chill. Cut tops from cream puffs; fill with pudding mixture. Replace tops and spoon topping over. 8 servings. America spells cheese KRAFT.







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POT ROASTS AND HARVEST PIES

Do you have a main dish recipe that converts plain pot roast into something special? Are you adept at using autumn ingredients in delectable pies? Send us your recipes—you could win next October. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next October. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Pot Roasts

Enter any new idea for a bone-in or boneless beef, veal, pork, or lamb pot roast. Is yours an adaption of an ethnic favorite, or a convenience mix fix-up? Tips: **rosemary pot roast, fruit-sauced lamb roast, Swiss veal pot roast.**

Harvest Pies

Your fall pie or tart entry might be chiffon or custard, fruit-filled or meringue-topped. Does your recipe feature an unusual nut or mincemeat filling? Hints: **zucchini-pear pie, peanut brittle tarts, sherried grape chiffon pie.**

THIS MONTH'S WINNERS

(See recipes on pages 139 and 140.)

Cooks-of-the-Month

Kay Dreves, Incline, Nev.
Mrs. James M. Strenke, Palmyra, Wis.

Runners-up

Mrs. Guy Best, Dearborn, Mo.
Bettie J. George, Santa Rosa, Calif.
Barbara Schreier, Bethlehem, Pa.
Mrs. Ilene Smith, West Lebanon, Ind.

Honor Roll

Mrs. Nicholas Borgia, South Ozone Park, N.Y.
Beverly A. Cudney, Byron, N.Y.
Mrs. John Garrity, Carlisle Barracks, Pa.
Veronica Gengler, Saukville, Wisc.
Fredi Ann Goldman, Framingham, Mass.
Mrs. Bruce Lawrence, Greenwood, S.C.
Diane Lohr, Freeport, Ill.
Lesli McClung, Carmichael, Calif.
Ann Robson, Del Mar, Calif.
Lori Zylstra, Sully, Iowa

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "October Pot Roasts" or "October Harvest Pies."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, March 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7903 Food Department. Better Homes and Gardens, Des Moines, Iowa 50336.**

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Collectors' kitchens



1



2

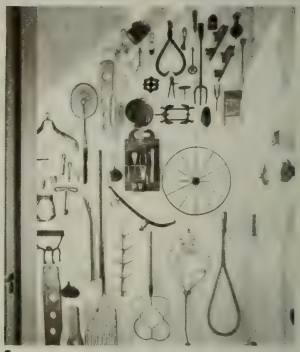


3

Photographs: William Hopkins
Source: Maxine Schweiker



4



5

To avid antique hunters, the find is only part of the game. The other part is the display. The kitchen makes an ideal showcase because that's where the family spends lots of time. Here's how several expert collectors decorated their kitchen with favorite finds.

1. Virginia Bein started with the largest pieces as focal points, then filled in with less imposing items. She also recommends another technique for the beginner: Lay out the pieces on the floor and juggle them around till they form a pleasing picture.

According to Virginia, every item in her collection has a story attached to it. Many of her prized pieces are trophies from foreign trips: salt spoons from Russia, trivets and sheep bells from Bavaria, pitchers from Majorca. Other pieces, like the chest holding the pitchers, came from the Salvation Army. Virginia removed layers of old paint to find hand carving beneath.

2. Making space for antiques in a minuscule kitchen demands imagination and ingenuity. Sandy Freel says, "Arranging is the art of placing objects so the effect is just short of clutter." The glass-fronted divided container under the far cabinet is an 1870 shot dispenser. The old telephone conceals a modern wall phone. Cooking utensils are stashed in old jars, and grocery sacks are hidden in the old iron stove. The table in the center is an antique washstand updated with a new chopping-block top surrounded by cup hooks to hold more wooden utensils. Sandy believes in putting her antiques to work wherever possible.

3. Varied sizes, shapes, and depths make for an interesting display. Here, Leona Howard chose a Regulator School house clock as the focal point. Below this is a huge slant-top coffee bin with "Jersey Coffee" emblazoned across its front. Drawer units of varied heights march across the counters, and at the far end is a blue and white china canister set of German origin.

4. On the soffit of her kitchen, Leona Howard spaced the different shapes so not more than two look-alikes are together. A tiny provincial-print striped wallpaper provides the perfect background for the display.

On the counter, a spool cabinet is flanked by old gray crocks and a churn. Above it, the "organizer" from an old rolltop desk serves as a shelf for German delft-type spice jars.

5. Where do you put an antique collection when your kitchen walls are already jam-packed? Jo Trow selected the basement stairway for her collection of old-time working tools. A wheel —the focal point—was the first to be hung. Below it are carpet beaters, and there's a corn dryer to the left. Just below the holey stocking dryer is a wire corn and potato scoop. Ice tongs and other smaller relics fill in the spaces.

The bulky shelf unit is used to house the hammer, pliers, and nails Jo needs from time to time to rearrange her collection. Other members of the family find this location handy, too. ■

How to delight your kids with the tastes and textures of a wholegrain.

Somewhere in your kitchen there's a surprise waiting for your kids. It's sweet and almost nutty, with a texture you can see and feel. And you can make it crisp or crunchy or chewy or soft. It's a wholegrain. It's Quaker Oats.

For many children, wholegrains are a new way to eat. *Tasting* them is a new experience. Wholegrains *look* different. They have colors...textures you can see. Textures that *feel* different in your mouth. Their *smell* is sweet and full. Eating them is *satisfying*.

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Now you can introduce your children to the pleasures of wholegrain eating with simple foods made with wholegrain oats. We're sure your kids will love our recipe for Snackin' Granola Bars.

Or try making *Honey Crunch Peanut Spread*. Toast ⅔ cup uncooked Quaker Oats in an ungreased large shallow baking pan at 350°F. for 15 to 20 minutes. Cool and combine with 1¼ cups peanut butter and ½ cup honey.

This makes great sandwiches and even better snacks spread on celery, carrots, apples or pears. For variety, try adding raisins or bacon crisps. Both of these recipes are easy enough for a child to help make, too.

For more wholegrain cooking ideas your whole family will enjoy, send for your free copy of The Quaker Oats Wholegrain Cookbook.

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SNACKIN' GRANOLA BARS

- 3½ cups Quaker Oats (quick or old fashioned, uncooked)
- 1 cup raisins
- 1 cup chopped nuts
- ⅔ cup butter or margarine, melted
- ½ cup firmly packed brown sugar
- ⅓ cup honey, corn syrup or molasses
- 1 egg, beaten
- ½ teaspoon vanilla
- ½ teaspoon salt

Toast oats in ungreased large shallow baking pan in moderate oven (350°F.) 15 to 20 minutes. Combine toasted oats with remaining ingredients; mix well. Press firmly into well greased 15½x10½-inch jelly roll pan. Bake in preheated moderate oven (350°F.) about 20 minutes. Cool; cut into bars.

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FOOD

A cold weather barbecue

Why let winter put the freeze on barbecuing fun? You can still enjoy the flavor of summer by cooking food on the grill. These meat and potato recipes are designed for closed-hood cooking all winter long.



TIJUANA LONDON BROIL

Grilling time may vary depending on the thickness of your steak—

1 1-pound beef flank steak
¼ cup dry red wine
¼ cup tomato sauce
½ teaspoon chili powder

• • •

1 6-ounce roll cheese food with pimiento and jalapeño peppers
¼ cup butter *or* margarine, softened
1 tablespoon snipped parsley
Dash ground cumin

Score steak diagonally on both sides. Place steak in a plastic bag; set in shallow pan. Combine wine, tomato sauce, and chili powder; pour over steak in bag. Close bag; refrigerate for 2 hours, turning meat occasionally to distribute marinade. In medium bowl combine cheese food, butter or margarine, parsley, and cumin. Remove steak from bag; discard marinade. Pat meat dry with paper toweling; season with *salt* and *pepper*. Place steak on grill over *medium* coals; lower hood or cover with a foil tent. Grill steak about 5 minutes; turn. Cover; grill 4 minutes more for rare, 6 minutes more for medium-rare, spreading cheese mixture over the top the last 1 to 2 minutes of cooking. Remove meat from grill. Slice meat diagonally in very thin slices. Makes 4 servings.



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CARAWAY GRILLED POTATOES

Put the foil-wrapped potatoes on the grill about five minutes before you broil the steak—

2 large baking potatoes

• • •

Salt
¼ cup butter *or* margarine, melted
2 tablespoons finely chopped green onion
1½ teaspoons caraway seed
⅛ teaspoon dry mustard

In a medium saucepan boil potatoes in their skins in a small amount of boiling salted water about 25 minutes or till nearly tender. Drain and pat potatoes dry with paper towels, being careful not to damage skin. Cut each potato crosswise into ¼-inch-thick slices. Sprinkle cut edges with salt. In a small bowl combine melted butter or margarine, chopped green onion, caraway seed, and dry mustard. Brush cut surfaces of potatoes with the seasoned butter mixture; reassemble potatoes and wrap potatoes tightly in foil. Grill over *medium* coals for 20 minutes. Serve at once. Makes 4 servings. ■

A Few Simple Lessons about Avocados from Bac•Os.®



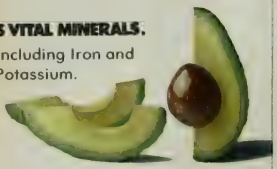
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EQUIPMENT

Kitchen ventilation buymanship

Getting rid of stale cooking odors, fumes, and smoke is reason enough to ventilate your kitchen. But removing heat and moisture—especially if your home is air-conditioned—also saves energy.

Types

The type, size, and placement of a hood or fan all affect the unit's effectiveness, so be sure to select a unit that fits your needs. Here's what's available.

- A **vented range hood** mounted above the range cooking area has a fan which pulls stale air and cooking odors out of the kitchen and vents them outside the house. The hood should extend across the full cooking area with the bottom edge of the hood mounted 21 to 24 inches (not more than 30 inches) above the range surface.

The capacity of an exhaust system, which is measured in cubic feet per minute (CFM), refers to the volume of air the blower removes from the room each minute it is in operation.

A range hood, according to the Home Ventilating Institute (HVI), should have a minimum capacity of 40 CFM per lineal foot of range when placed against the wall. For example, a 36-inch range would require a hood with a minimum capacity of 120 CFM (three feet times 40 CFM equals 120 CFM). A hood mounted over a surface unit on an island or peninsula should be at least 50 CFM per lineal foot of cooking surface.

Prices for vented exhaust hoods begin at about $35 and can go all the way up to $2,000 for some custom-made models. You should be able to buy a good medium-priced unit for about $60 to $95. But don't assume the fan is included when you buy a hood; with some models the fans are sold separately.

- A **non-vented hood** is also located above the range. In this unit, a fan draws air through an activated charcoal filter, but there is no ventilation to the outside. Although this hood is better than no venting system at all, it should be used only when venting to the outside is impossible. A ductless, non-vented hood placed directly above the cooking area traps some of the cooking fumes and odors. However, this type hood can't remove heat and humidity from the house.
- An **exhaust fan** also draws stale air out of the kitchen and is less expensive than a hood. A fan is not as effective as a hood in trapping cooking odors and fumes, but you can make a fan more effective by installing it close to the range—either on the wall or ceiling.

To determine the CFM capacity you need in a kitchen fan, multiply the square footage of your kitchen by two.

Although prices for exhaust fans vary according to their capacity, features, and styling, you should be able to find a reliable unit for about $35. Ductwork for venting to the outside will cost extra.

For indoor grilling, neither an exhaust fan nor a regular hood will provide enough ventilation. Consult your ventilation dealer for recommendations on exactly what you will need.

Noise level

The operating sound level of hoods and exhaust fans is important, and a noise rating system has been developed to help you choose a ventilating system you can live with.

To avoid buying an unbearably noisy hood or fan, check the noise rating level on the unit. The measurement used by the Home Ventilating Institute for certified models is sones. Eight sones (for fans up to 500 CFM) is the highest noise level recommended by the Institute.

Features

Consider these features and facts as you shop for a ventilation system.

- A **dual intake system** captures smoke and heat at the ceiling, as well as over the range.
- A **removable filter and fan blade** make cleaning easy.
- A **hood or fan with a work light** helps illuminate range cooking.

A hood or exhaust fan may have two or three **speeds of operation,** or it may have solid-state controls with an infinite number of speeds. ■

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STEP-BY-STEP COOKING

DEEP-FRIED ONION RINGS

When was the last time you made batter-fried onion rings? The flavor, not to mention the aroma, of these crunchy rings is more than worth the extra effort. And if you follow our simple step-by-step techniques below, you can count on tasty results every time.



Buying information, page 188

Photographs: Dieter

Be sure to check the temperature of the hot oil with a deep-fry thermometer (one that attaches to the pan is handy) before you begin cooking. To keep the temperature a constant 375°, wait a few seconds between batches for the oil to return to frying temperature.

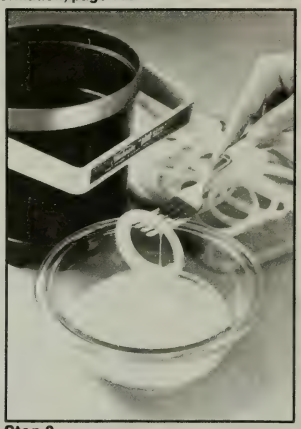


Step 2

DEEP-FRIED ONION RINGS

Freeze any leftover fried onion rings to use in omelets and vegetable dishes or atop casseroles—

6 medium Bermuda or mild white onions (about 2½ pounds)
1 slightly beaten egg
1 cup milk
3 tablespoons cooking oil
1 cup plus 2 tablespoons all-purpose flour
½ teaspoon salt
Cooking oil for deep-fat frying



Step 3

Step 1: Peel and cut onions into ¼-inch-thick slices; separate into rings. Set aside.

Step 2: In a medium bowl combine beaten egg, milk, and 3 tablespoons oil. Blend in flour and salt just till moistened.

Step 3: Fill deep-fat fryer or 2- to 3-quart saucepan one-third to half full with cooking oil. Heat oil to 375°. Using a fork, dip onion rings, one at a time, in batter to cover; let excess batter drip back into bowl.



Step 4

Step 4: Working quickly, place each ring in hot oil. Fry rings, a few at a time, about 2 to 3 minutes or till golden brown, stirring once with fork to separate onion rings.

Remove from oil with fork or slotted spoon; drain on paper toweling.

Step 5: Repeat with remaining batter and onions. Keep cooked onion rings warm on a paper-towel-lined baking sheet in a 250° oven. Sprinkle with *salt* just before serving. Makes 6 to 8 servings. ■

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Banana Delight Pie

1 package (6-serving size) JELL-O® Brand Vanilla Flavor Instant Pudding and Pie Filling
2¼ cups cold milk
1 baked 9-inch pie shell or graham cracker crumb crust, cooled
2 bananas
½ cup thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping

Prepare pie filling with 2¼ cups milk as directed on package for pie. Measure 1 cup filling; set aside. Pour a thin layer of remaining filling into pie shell. Cut 1 unpeeled banana in half; cover one half with plastic wrap and set aside. Peel and slice remaining one and one half bananas and arrange slices on filling in shell. Top with remaining filling. Blend whipped topping into measured filling. Spread over filling in pie shell. Chill 3 hours. Garnish with additional whipped topping and reserved half banana, sliced.

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begins on page 118

Tatting

TATTED FLOWERS, page 118

General instructions

The art of tatting was refined in the mid-19th century. After the turn of the century, the technique was most popular, and tatted lace adorned handkerchiefs, scarves, fine baby clothes, and ladies' garments.

Materials for tatting are simple and inexpensive—thread and a shuttle. Thread is stored in the shuttle, and fingers manipulate the thread into rings and lines. Rings are the most identifiable feature of tatting, resulting in the characteristic series of circular shapes. Rings are made from *double stitches* (basically a pair of half hitch knots) and joined by picots (PEA-coes).

Shuttles are essentially pointed bobbins used to store a length of thread so that it can be worked conveniently. Various types of shuttles are available, some with detachable bobbins in the center to facilitate winding. If you are fortunate enough to own or find an antique shuttle, you may want to try it as well.

Thread used for tatting is traditionally fine white cotton, although any type of thread, string, or yarn may be used. Beginning tatters should use a heavier thread, such as #5 pearl cotton, so that the structure of each stitch can be seen.

To wind the shuttle, pull the end of the thread through the hole in the shuttle post, and tie off. Wind the thread counterclockwise around the post. Don't fill the shuttle so full that the thread protrudes beyond the edge of the shuttle.

To position the left hand, grasp the end of the thread between your thumb and forefinger. Spread your other three fingers and encircle them with the thread. Bring the thread around to form a circle, and hold the overlapping threads securely with thumb and forefinger. See drawing 1 on page 158.

Bend the little finger to hold the thread against the palm, and bend the middle finger back to catch the loose part of the circle. Adjust the thread so that your fingers don't feel strained. This is called the circle thread.

To position the right hand, unwind the shuttle thread so that about 12 inches of thread is between the two hands. This is called the shuttle thread. Hold the shuttle so that the pointed end is facing the left hand and the thread is coming off the far side of the shuttle. Hold the flat side of the shuttle with the thumb and forefinger in a horizontal position, using the little finger to hold thread taut and out of the way. See drawing 2 on page 158.

To begin the double stitch, pass the shuttle *under* the taut thread of the right hand, then *under* the portion of the circle thread between the forefinger and middle finger. Bring the shuttle up and over this section of circle thread, and down *under* taut shuttle thread. See drawing 3 on page 158.

Let the thread around the fingers of the right hand drop off and pull shuttle to the right until the thread between your two hands is taut.

Keeping the shuttle thread taut and not moving the right hand, slowly *raise* the middle, ring, and little fingers of the left hand to move this first half of

continued

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continued

Tatting

the double stitch into place. See drawing 4 on page 159.

To complete the double stitch, pass the shuttle over the top of, and back under, the circle thread. Pull the shuttle out to the right so it is parallel with the left hand. Keeping your right hand steady, *slowly raise* the middle, ring, and little fingers to pull the knot into place. See drawing 5 on page 159.

These two basic movements complete a double stitch. If you have tied it correctly, the knot will slide back and forth along the shuttle thread. If you find that the knot does not move, cut it off and begin again. Starting over will usually take less time than trying to pick out individual knots.

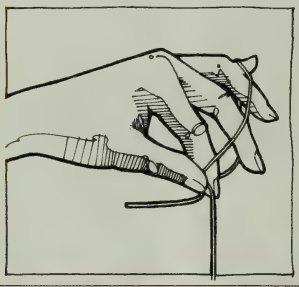
To make a picot, begin by tying several double stitches in a row. Tie the next double stitch a short distance away from the group of double stitches. Slide the last double stitch made along the shuttle thread to form a thread loop. See drawing 6 on page 159.

The size of the loop depends upon the amount of thread you leave slack between double stitches. Use your own judgment when a pattern calls for small or large picots, but strive for consistency.

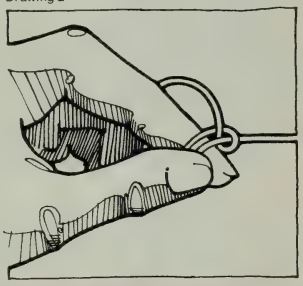
To close a ring, pull the shuttle thread until the first stitch touches the last. To practice joining rings, make a ring of three double stitches, a picot, three double stitches, a picot, three double stitches, a picot, and three double stitches. Close the ring.

To join rings, position the first stitch of the second ring as close as possible

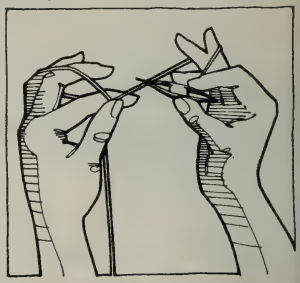
Drawing 1



Drawing 2



Drawing 3





to the last stitch of the first ring. Tat three double stitches of the second ring. Insert a crochet hook or the pointed end of the shuttle through the last picot of the previous tatted ring. Pull up a loop of circle thread big enough to pass the shuttle through it. Pass the shuttle all the way through the loop to the right from back side. Hold the shuttle still and slowly raise the middle, ring, and little fingers in the same manner as for making the double stitch.

Reading a tatting pattern. As in other crafts, tatting directions include abbreviations and techniques to shorten directions. Below is list of tatting abbreviations.

R ..... Ring
DS ..... Double Stitch
P ..... Picot
LP ..... Long Picot
SP ..... Small Picot
CL ..... Close (ring)
*Repeat what follows * as indicated

A typical tatted ring (as described above), may read: *R of 3 DS, P, 3 DS, P, 3 DS, P, 3 DS, CL R.*

Tatted flowers

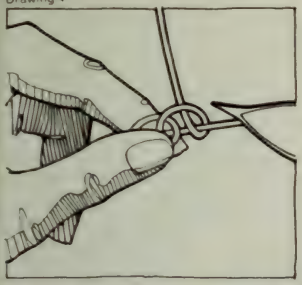
Materials: (for 10 daisies and 10 roses): Tatting shuttle, 2 balls #5 white pearl cotton (for slightly larger flowers substitute #3 pearl cotton and follow pattern similarly); size 8 or 10 steel crochet hook; 1 ball yellow #5 pearl cotton; lengths of 22-gauge florist's wire for stems; 1 roll green florist's tape; 1 package yellow mum stamen; white glue.

Instructions:

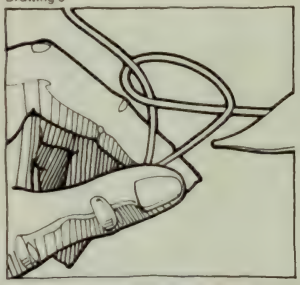
Daisy: Wind nine yards of white #5 pearl cotton for two flowers, or five yards, nine inches of white #3 pearl cotton for one flower.

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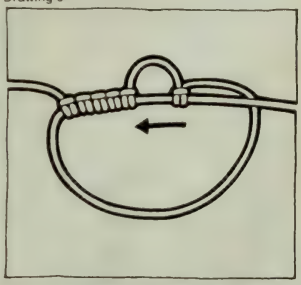
Drawing 4



Drawing 5



Drawing 6





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continued

Tatting

Tat: R of 10 DS, SP, 4 DS, SP, LP, SP, 4 DS, SP, 10 DS, CL R; * R of 10 DS, join to last SP of previous R, 4 DS, SP, LP, SP, 4 DS, SP, 10 DS, CL R. Repeat from * four more times. R of 10 DS, join to last SP of previous R, 4 DS, SP, LP, SP, 4 DS, join to first SP of first R, 10 DS, CL R. Cut medallion from shuttle thread. Tie and cut end thread loose.

Daisy Medallion will have seven petals and should form a cupped shape.

For daisy center, wind shuttle with yellow thread. Tat: R of 1 DS, 12 *very long* P, CL R, and cut off. Glue this ring to the center of daisy medallion. Poke mum stamen through center hole and glue in place. Attach flower to length of florist's wire. Wrap entire stem with florist's tape.

Rose: Wind 8½ yards of white #5 pearl cotton for two roses, or 5 yards of white #3 pearl cotton for one rose.

Tat: R of 30 DS, CL R. *Do not join rings.* Repeat four more times, making each succeeding ring as close to previous ring as possible. Then, tat: R of 25 DS, CL R. Repeat three more times. R of 7 DS, CL R.

Layer rings with the five large rings on the bottom, and the successive rings spiraling from the base. Glue along bases of rings. Poke a length of wire through center with a tiny portion of wire protruding through flower. Glue, and let dry. Wrap florist's tape around base of flower and along length of wire.

Tatted doily

(Finished size is 18½x18½ inches.)

Materials: 10 balls white #5 pearl cotton, size 8 or 10 steel crochet hook; 800-1,000 rustproof straight pins; spray starch; sewing needle and white thread.

Instructions:

(Note: Doily is made of 100 tatted medallions.)

Wind shuttle with 9½ yards of thread to make two medallions.

Row 1, medallion 1: Tat: R of 10 DS, SP, 4 DS, SP, LP, SP, 4 DS, SP, 10 DS, CL R, * R of 10 DS, join to last SP of previous R, 4 DS, SP, LP, SP, 4 DS, SP, 10 DS, CL R. Repeat from * five times more. (Seven joined rings have been made so far.) *8th R:* Tat: R of 10 DS, join to last SP of previous R, 4 DS,

continued


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Who's Maura's Grandma and who's her Mother?

(Try to guess from their hands.)



Maura Griffin has the youngest looking hands in the family. But then she's only three. When it comes to her mother, Kathleen Griffin, and her grandma, Dolores Gibbons, it's harder to tell who's who. They both have such young-looking hands. They both do lots of dishes, too—with Ivory Liquid. They say it's the mildness that helps their hands stay young looking. Ivory Liquid's been that gentle to their hands.

Aside from Maura, can you guess who's who from their hands? Take a guess. Then turn to page 182 to see if you guessed right.

Mild Ivory Liquid helps hands stay young looking.

continued

Tatting

SP, LP, SP, 4 DS, join to first SP of first R, 10 DS, CL R. Cut medallion off and tie.

Row 2, medallion 2: Tat: R of 10 DS, SP, 4 DS, SP, LP, SP, 4 DS, SP, 10 DS, CL R; * R of 10 DS, join to last SP of previous R, 4 DS, SP, LP, SP, 4 DS, SP, 10 DS, CL R. Repeat from * four more times. Tat: R of 10 DS, join to SP of previous R, 4 DS, SP, join in any LP of *previous medallion*, SP, 4 DS, SP, 10 DS, CL R. R of 10 DS, join to last SP of previous R, 4 DS, SP, join to *next adjacent LP of previous medallion*, SP, 4 DS, join to first SP of first R of second medallion, 10 DS, CL R.

Add eight more medallions similarly to form a strip of ten medallions.

Row 2, medallion 1: Begin as for first row of medallions, and join to first medallion of first row. Continue adding medallions to adjacent medallions.

To finish, whipstitch loose end of thread to the back of each medallion with white thread and sewing needle.

On blocking surface, pin the center four medallions flat and square. Continue outward, pinning each ring of each medallion, easing doily to a square shape. Then, pin down all decorative picots around perimeter. Spray doily with starch until saturated. (Blot up excess starch with paper towel.) Let dry; remove from blocking surface.

To launder tatted lace, wash it carefully in hot water and a mild detergent. You can boil it in a saucepan if lace is especially soiled, but do not stir or scrub it. Rinse thoroughly.

Pin the lace out to its original shape on a flat padded surface. Using rustproof pins, pin each picot to the blocking surface. Let dry away from heat, or press through a damp cloth.

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Elgiva Nichols, *Tatting Techniques*, Charles Scribner's Sons, N.Y., N.Y., 1976, $9.95.

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"IF YOUR SEWING PASS THIS SIMPLE AT OUR SPRING SALE



1. DOES IT REMEMBER YOUR STITCH PATTERN AT A TOUCH?

Ours does. Only Singer makes *TouchTronic** memory machines. Just touch, and the memory remembers any of up to 27 stitch patterns. You've got to touch them to believe them.



2. CAN IT MEASURE AND MAKE A BUTTONHOLE IN ONE STEP?

Ours can. Four of our machines actually measure your button for you and make a buttonhole to fit – all in one step.

MACHINE CAN'T TEST, TRADE IT IN ON ONE THAT CAN."

-POLLY BERGEN



3. CAN IT WIND ITS OWN BOBBIN?

Ours can. And only ours can. Today, we make four different machines with bobbins that wind right in the machine, with thread right from the needle.

4. DOES IT GIVE YOU A NARROW ARM FOR SEWING IN TIGHT PLACES JUST BY DROPPING A PANEL?

Ours does. We make four different machines with the exclusive *Flip & Sew** panel. Only Singer makes it this easy to sew where it's hard to reach.

5. CAN IT SPEED-BASTE FOR YOU?

Ours can. Speed-basting is just like regular basting, only faster, because you do it on a machine. We make three machines with built-in speed-basting for stitches up to two inches long.

6. CAN IT HELP YOU THREAD THE NEEDLE?

Ours can. On our newest, the *TouchTronic* 2001 memory machine, you guide the thread into the wide end of a little funnel. The funnel then guides the thread through the eye of the needle. Once again, you do the easy part. Singer does the hard part.



Polly Bergen is a member of the Singer Board of Directors.

7. DOES IT TELL YOU WHEN YOUR BOBBIN IS RUNNING LOW?

Ours does. Our *TouchTronic* 2001 memory machine has a warning light that flashes to tell you there's only a little thread left on the bobbin, instead of letting you find out the hard way – by running out of bobbin thread in the middle of a seam.

If you answered yes to all seven questions, you already own a *Singer** machine. If you answered no, you're working too hard. Bring us your old machine, and we'll give you a trade-in allowance off the price of a new one.

Which means you get easy Singer sewing for an even easier price.

100 MILLION PEOPLE SEW EASIER WITH SINGER.

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Trade-ins optional at participating dealers.



Following America's leaders in wine production, California and New York, are the wine-growing regions of the Midwest—chiefly Michigan and Ohio—and the rapidly developing Pacific Northwest. Michigan has 13 wineries; Ohio, 29 wineries. Twenty-one wineries have suddenly sprouted in Oregon, and Washington's wineries now number eight, including the giant two-million-gallon Ste. Michelle Vineyard, a subsidiary of the U. S. Tobacco Co. There is also one winery in southwest Idaho. In general, these wineries have been established since the mid 1960s.

It's true that most of these wineries are small, with an average capacity ranging from 1,000 to 20,000 gallons annually, but few of their owners aspire to great size. Many of them are men who made their fortunes in other fields and decided to invest in commercial wine making simply because they sought the personal satisfaction of producing quality wines.

The Wines of the *Midwest and Pacific Northwest*

Midwest wineries

While a few of the classical grapes, notably Chardonnay and Riesling, can be grown in protected areas in the Midwest, they are the exception rather than the rule. Midwest wineries have had more success with hardy new grape varieties—the French-American hybrids—that produce wines that taste quite unlike those from the classical grapes. Already some of the wines show considerable class, though most Midwest wine makers have been working with them for less than a decade—a very short time when you consider that grape vines don't bear a crop for three or four years.

Midwest wineries have emerged in some unexpected places such as Minnesota, where the winter temperature can fall to 30 degrees below zero, and Kentucky, where mildew can threaten the life of a vine. In some Midwestern states, however, restrictive laws dating back to Prohibition days make it almost impossible for a winery to operate at a profit.

Northwest wineries

Washington's Yakima Valley, east of the Cascade Mountains, is hospitable to the same kinds of grapes that grow in California. These grapes do well in Oregon, too, but on the opposite side of the big mountain range, on hillsides located between the Cascades and the much lower coastal range.



Few of Oregon's wines are marketed farther away than the West Coast because of the youth of the industry and the small size of most wineries there. Tualatin Vineyards, Inc., a 50,000-gallon winery founded in 1973, has achieved limited distribution across the country. Oregon has adopted stringent wine making and labeling laws and is the first state to ban European geographical terms, such as "Burgundy" or "Rhine wine," as names for domestic wines.

What's available

Following is a list of the better wines available from Midwest and Pacific Northwest wineries. You may not be able to find many of them right now, but more will be coming.

Wineries listed include only those with an annual capacity of 20,000 gallons or more. Many smaller wineries make excellent wines from the same grape varieties, but the wines usually are sold only in their local areas. Most wineries are open to visitors.

White wines from hybrid grapes

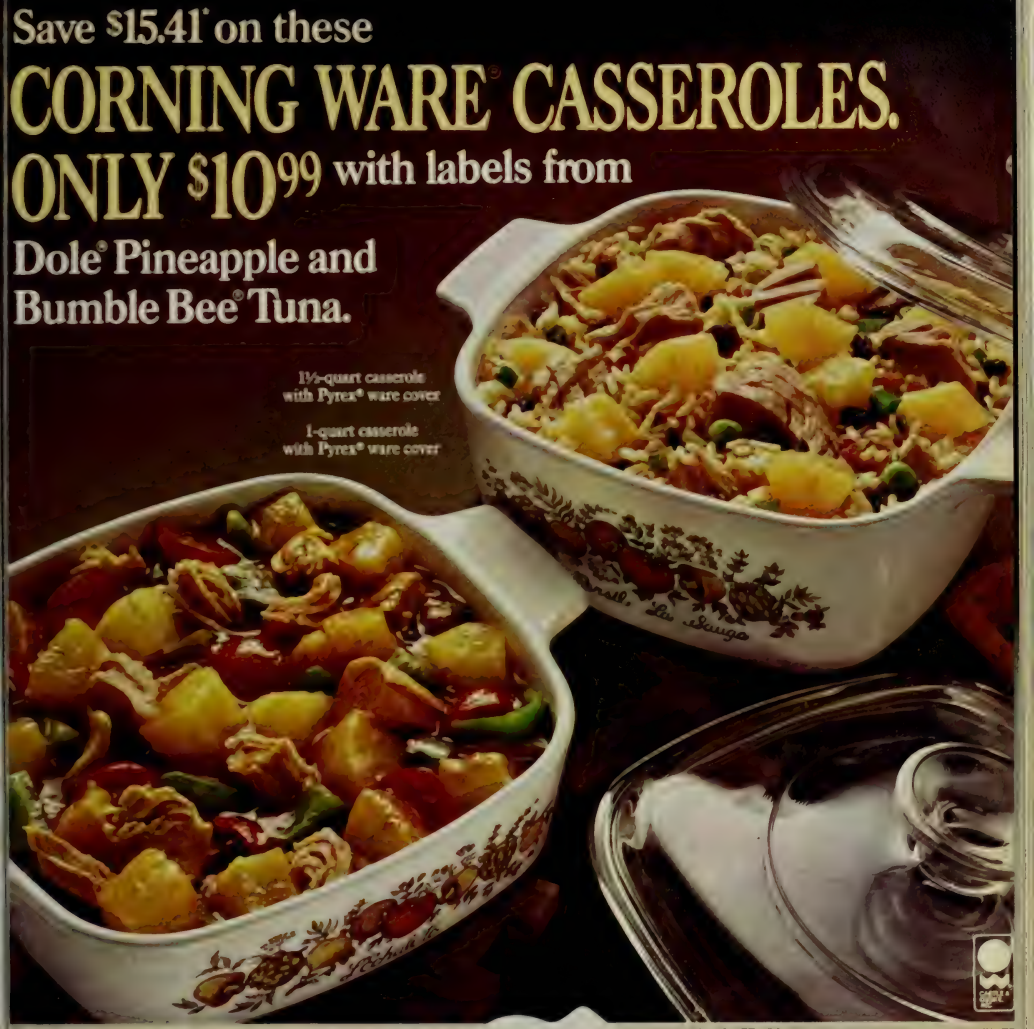
AURORA—Indiana: Oliver Wine Co., Inc., Bloomington. **Michigan:** Bronte Champagne and Wine Co., Hartford; Fenn Valley Vineyards, Fennville; Tabor Hill Vineyards and Winecellar, Inc., Buchanan; Warner Vineyards, Paw Paw. **Missouri:** Green Valley Vineyards, Portland. **Ohio:** Warren J. Sublette Winery Co., Cincinnati; Valley Vineyards Farm, Inc., Morrow. **Wisconsin:** The Wollersheim Winery, Prairie du Sac.

SEYVAL BLANC—Michigan: Boskydel Vineyard, Lake Leelanau; Bronte; Fenn Valley; Tabor Hill; Warner. **Missouri:** Green Valley. **Ohio:** Catawba Island Wine Co., Port Clinton; Mantey Vineyards, Inc., Sandusky; Sublette; Valley Vineyards. **Wisconsin:** The Wollersheim Winery.

continued

Drawing: Picard Didier

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continued

American Wines

Red wines from hybrid grapes

BACO NOIR—Indiana: Oliver. **Michigan:** Bronte; Fenn Valley; Tabor Hill; Warner. **Missouri:** Green Valley. **Ohio:** Mantey; Sublette; Valley Vineyards. **Wisconsin:** The Wollersheim Winery.

CHELOIS—Indiana: Oliver. **Michigan:** Leelanau Wine Cellars Ltd., Traverse City; Warner. **Missouri:** Green Valley; Mantey; Stone Hill Wine Co., Inc., Hermann. **Ohio:** Sublette; Valley Vineyards. **Wisconsin:** The Wollersheim Winery.

White wines from classical grapes

CHARDONNAY—Oregon: Charles Coury Vineyards, Forest Grove; Hillcrest Vineyard, Roseburg; Nehalem Bay Wine Co., Nehalem; Oak Knoll Winery, Inc., Hillsboro. **Washington:** Preston Wine Cellars, Pasco; Ste. Michelle Vintners, Woodinville. Also made in the **Midwest** by Banholzer; Catawba Island Wine Co.; Tabor Hill; Wollersheim. Small (10,000 gallons) Markko Vineyard, Conneaut, Ohio, specializes in Chardonnay and other classical varieties.

GEWÜRZTRAMINER — Oregon: Charles Coury; Hillcrest; Tualatin Vineyards, Forest Grove; Oak Knoll. **Washington:** Associated Vintners, Inc., Redmond; Preston; Ste. Michelle Vineyards.

WHITE RIESLING—Oregon: Hillcrest; Charles Coury; Knudson-Erath Winery, Dundee; Nehalem Bay; Oak Knoll; Tualatin Vineyards. **Washington:** Associated Vintners; Preston; Ste. Michelle. Also in the **Midwest:** Fenn Valley; Tabor Hill; Markko Vineyard; Wollersheim; Mt. Pleasant Vineyards, Augusta, Missouri.

Red wines from classical grapes

CABERNET SAUVIGNON—Oregon: Hillcrest; Nehalem Bay. **Washington:** Associated Vintners; Preston; Ste. Michelle. Also in the **Midwest:** Banholzer, New Carlisle, Indiana.

PINOT NOIR—Oregon: Charles Coury; Hillcrest; Knudson-Erath; Oak Knoll; Tualatin. **Washington:** Associated Vintners; Preston. In the **Midwest:** Banholzer. ■

Produced by Ruth Ellen Church

More than a promise.



At Whirlpool, we begin with a promise. A promise that the Whirlpool appliance you buy will be built to a standard of quality that meets your expectations as well as ours.

Of course, promises of quality are easy to make. Proof of that quality takes a little more time.

Our dishwasher, for example. We designed it to clean dishes, of course. But we wanted it to do even more.

So we included a top rack that tilts easily to accommodate unusual loads.

We built the silverware and cutlery baskets in the door. It makes loading easy and helps keep sharp cutlery out of your way.

We included sound insulation so our dishwasher runs quietly. And we installed an energy saving switch that allows you to air dry your dishes.

We also designed a Super Scour cycle that will handle the drudgery of pots, pans and casseroles for you.

Then of course, we developed several programs and services to help our customers long after the sale is made.

We do this because at Whirlpool we believe a promise is only a beginning.

Whirlpool
Home Appliances

Quality. Our way of life.



Rice makes any meal more appealing, more delicious and more economical. It's a great extender. And, you can use rice in almost anything—casseroles, soups, salads, even desserts.

So tonight, or anytime you want a simple-to-make, good-tasting meal—remember rice. Then see what's hiding in your cupboard.

Simply Elegant Steak and Rice

1½ pounds tenderized boneless beef round steak
1½ tablespoons vegetable oil
2 large onions, cut in ½-inch slices and separated into rings
1 can (4 ounces) sliced mushrooms (drain; reserve liquid)
1 can (10¾ ounces) condensed cream of mushroom soup
½ cup dry sherry
1½ teaspoons garlic salt
3 cups hot cooked rice

Cut steak into thin strips. In a large skillet (oven-proof, if desired), brown meat in oil, using high heat. Add onions. Saute until tender crisp. Blend soup, sherry, liquid from mushrooms, and garlic salt. Pour over steak. Add mushrooms. Reduce heat, cover, and simmer for 1 hour or until steak is tender. (Or cover and bake at 350°.) Serve over beds of fluffy rice. Makes 6 servings.

For more easy-to-make rice recipes, write to:
Rice Council of America, Dept. B,
Box 22800, Houston, Texas 77027

Name_____

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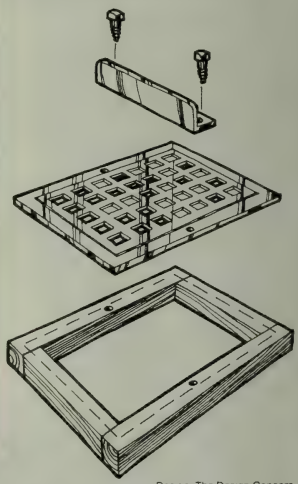
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Get the Rice out.

BUILDING

Clean-'em-up boot scraper

Anyone who does a lot of work outdoors knows how messy muddy shoes can be. Before stepping indoors, clean them off on this boot scraper—a project you can put together in less than an hour.



Design: The Design Concern

Materials

1 purchased metal register grille
2x2s for base
1½x1½-inch angle iron for scraper
2 lag screws

Build the wooden base from 2x2s, keeping the outside dimensions of the base slightly larger than the register grille you purchased. Butt-joint the corners; glue and nail. Make the scraper from 1½x1½-inch angle iron, cut to the proper length with a hacksaw. File down the top corners of the iron.

Drill assembly holes into the scraper and metal grille, using an electric drill fitted with a high-speed twist bit; then drill smaller pilot holes into the frame. Before you fasten the scraper and grille to the base with two lag screws, cut a hole in a wood porch or deck and screw the base on top of the opening. Or use concrete anchors and lag screws to mount the base on a concrete slab near the entry. ■

Here in Saronno, we do it all for love.



Just as we have been doing for over 450 years. Ever since Amaretto, the drink of love, was first created in our little town.

To this very day, nobody makes love the way we do in Saronno. Here, we still make our beautiful Amaretto as we have for centuries. We allow the flavor to develop slowly, until it is elusive and mysterious. Until it is so soft and full, it brings neither a tear to the eye nor a bite to the throat. (Such is not love, *caro*.)

You can taste our exquisite Amaretto di Saronno straight up, or on the rocks, or in an intriguing mixed drink. You will see that with love, anything goes.

But please remember. Amaretto di Saronno is the one original drink of love. There are other amarettos you can buy. But why fool around with love?



For free food and drink recipe books, write: Dept. 05, Foreign Vintages, Inc., 333 Jericho Turnpike, Jericho, New York 11753.



Liqueur 56 proof. Imported by Foreign Vintages, Inc., Jericho, New York. © 1978.

Amaretto di Saronno®. The Original.

From the Village of Love.

HOMEGROWN VITAMINS

Vegetables and fruit, fresh from your garden and orchard, are delicious ways to give your diet a nutritional boost.

We've compared the vitamin content of vegetables and fruit with the U.S. Recommended Daily Allowances (U.S. RDAs) and charted the results. The U.S. RDAs are the standard allowances of protein, vitamins, and minerals used in nutrition labeling on food packages. They indicate the highest levels of nutrients necessary to meet the needs of most persons.

Don't be alarmed if your diet provides less than 100 percent of the U.S. RDA for a nutrient. The U.S. RDA uses the highest RDA of all age/sex categories as its standard allowance for most nutrients. So, while women need more iron than men, men need slightly more protein and vitamin C than women, and teen-age boys require more thiamine than either male or female adults, the standard for each nutrient indicates the highest amount that is recommended for most population groups.

Percentage of U.S. Recommended Daily Allowance and food energy provided by vegetables and fruits

Food approximate measure and weight (in grams)	Measure	Grams	Food energy (calories)	Protein	Vitamin A	Vitamin C	Thiamine	Riboflavin	Niacin	Calcium	Iron
VEGETABLES				%	%	%	%	%	%	%	%
Asparagus, spears, cooked, drained	4 spears	60	10	2	10	25	6	6	4	2	2
Beans											
Lima, cooked, drained	1 cup	170	190	20	10	50	20	10	10	8	25
Snap, green, cooked, drained	1 cup	125	30	4	15	25	6	6	4	6	4
Yellow/waxed, cooked, drained	1 cup	125	30	2	6	25	6	6	4	6	4
Broccoli, cooked, drained	1 stalk	180	45	8	90	270	10	20	6	15	8
Brussels sprouts, cooked, drained	1 cup	155	60	10	15	230	8	15	6	4	10
Cabbage, raw, sliced/shredded	1 cup	70	18	2	2	60	2	2	*	4	2
Carrots, raw, approx. ¼ x 3-inch strips	6-8 strips	28	10	*	60	4	2	*	*	2	2
Cauliflower, raw, sliced	1 cup	85	25	4	2	110	6	4	4	2	4
Celery, green, raw	1 stalk	40	8	*	2	6	*	*	*	2	*
Corn, sweet (white or yellow)											
Cooked, ear, 5 x 1¾ inches	1 ear	140	70	4	6	10	6	4	6	*	2
Cooked kernels, drained	1 cup	165	140	8	15	20	10	10	10	*	6
Cucumbers, raw, pared, sliced	1 cup	140	20	2	*	25	2	4	2	2	2
Eggplant, diced, cooked, drained	1 cup	200	40	4	*	10	6	4	4	2	6
Lettuce, raw, chopped/shredded	1 cup	55	8	*	4	4	2	2	*	2	2
Onions, raw, sliced	1 cup	115	45	2	*	20	2	2	*	4	4
Peas, green, cooked, drained	1 cup	160	110	15	15	60	30	10	20	4	15
Peppers, sweet, green, raw	1 pod	90	16	2	6	160	4	4	2	*	2
Potatoes											
Baked in skin, 4¾ x 2⅓ inches	1 potato	202	150	6	*	50	10	4	15	2	6
Boiled in skin, 2½-inch diameter	1 potato	150	100	4	*	35	8	2	10	*	4
French-fried, 2 to 3½ inches long	10 pieces	50	140	4	*	20	4	2	8	*	4
Mashed, milk and butter added	1 cup	210	200	6	8	30	10	6	10	4	4
Sauerkraut, canned, solids/liquid	1 cup	235	40	4	2	60	4	6	2	8	6
Spinach, cooked, drained	1 cup	180	40	8	290	80	8	15	4	15	20
Squash											
Summer, cubed/diced, cooked, drained	1 cup	210	30	2	15	35	6	10	8	6	4
Winter, all varieties, baked, mashed	1 cup	205	130	6	170	45	6	15	6	6	8
Sweet potatoes, baked in skin	1 potato	146	160	4	180	40	6	4	4	4	6
Tomatoes, raw, including skin, 3-inch diameter	1 tomato	200	40	4	35	70	8	4	6	2	4
Tomato juice	1 cup	243	45	4	40	70	8	4	10	2	10

continued

When the heat's on, Sure helps keep me dry.

©1978 Procter & Gamble

I'm a professional research analyst and that means that at the end of every project I have to give the results of my findings to the people who hired me.

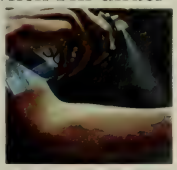
And when you have to stand up in front of a roomful of people, the last thing you want to worry about is your antiperspirant. Which is why I depend on Sure anti-perspirant.



Sure sprays on dry and really helps keep me dry.

In fact, Sure keeps me so dry, that even when I'm under pressure I still feel confident.

And when everyone is looking at you, that's a nice thing to know.



Sure sprays on dry, unlike some

continued

HOMEGROWN VITAMINS

Food approximate measure and weight (in grams)	Measure	Grams	Food energy (calories)	Protein	Vitamin A	Vitamin C	Thiamine	Riboflavin	Niacin	Calcium	Iron
FRUITS				%	%	%	%	%	%	%	%
Apples, raw (about 3 per lb.)	1 apple	150	80	*	2	10	2	2	*	*	2
Blueberries, raw	1 cup	145	90	2	2	35	2	6	4	2	8
Cantaloupe, raw, 5-inch diameter	½ melon	477	80	2	180	150	8	4	8	4	6
Cherries, sweet, whole	10 cherries	75	45	2	2	10	2	2	2	2	2
Grapefruit (seedless), white, served with peel	half of grapefruit	241	45	*	*	70	4	2	*	2	2
Grapes											
American type, slip skin	1 cup	153	70	2	2	6	4	2	2	2	2
European type, adherent skin	1 cup	160	110	2	4	10	6	2	2	2	4
Honeydew melon, raw, 7 x 2-inch wedge	1 wedge	226	50	2	2	60	4	2	4	2	4
Lemons, raw, 2⅛-inch diameter	1 lemon	110	20	2	*	70	2	*	*	2	2
Oranges, raw, 2⅝-inch diameter	1 orange	180	60	2	6	110	8	2	2	6	2
Peaches, raw, 2½-inch diameter	1 peach	115	40	*	25	10	2	2	4	*	2
Pears, raw, 3½ x 2½ inches	1 pear	180	100	2	*	10	2	4	*	2	2
Plums, raw, 2⅛-inch diameter	1 plum	70	30	*	4	6	2	2	2	*	2
Raspberries, red, raw	1 cup	123	70	2	4	50	2	6	6	2	2
Strawberries, raw, whole berries	1 cup	149	60	2	2	150	2	6	4	4	8
Tangerine, raw, 2⅜-inch diameter	1 whole	116	40	2	8	45	4	2	*	4	2
Watermelon, raw, diced	1 cup	160	40	2	20	20	4	2	2	2	4

There's only one substitute for Morton® Salt.

Morton® Salt Substitute shakes like the real thing. 'Cause it's the next best thing to the real thing.

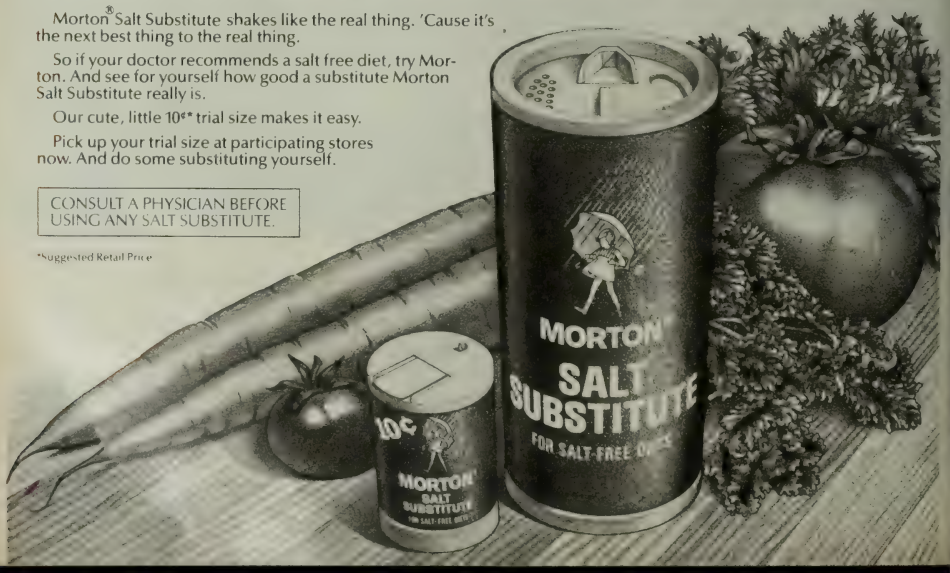
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Bell System

THE FINE ART OF

DISPLAYING ART

HOW TO HANG ALMOST ANYTHING

After you've decided what to hang where in your home, your next major decision is *how*. Don't just grab a hammer and pound—you may end up with a cracked wall, or worse yet, with your bookshelf or picture on the floor. To avoid such "hang-ups," just follow these guidelines.

Check your walls

The type of wall and its condition are crucial factors. If there is wallpaper coming loose or paint flaking off, a picture hook mounted on a gum-taped base won't hold, no matter how lightweight the picture.

A hollow wall can only support light objects—unless you can fasten the items to studding or use more sophisticated hanging devices.

After you check your walls, weigh the picture, mirror, cabinet, or whatever you want to hang. Decide whether you want a fairly permanent installation or an arrangement you can change now and then.

Scout the hardware stores for picture hooks, nails, and other devices. Check the packages for the maximum allowable weights.

Light objects

Anything up to ten pounds can be hung from nails, even on drywalls. For framed items, two nails or hooks are better than one, since they give more support and keep the frame from shifting on the wall.

Some items, such as fabric hangings or large maps, can be attached to the wall with nails or a staple gun. A map or poster can be glued directly to the wall. You can cover the edges with molding to simulate a frame.

Or, you can mount a poster on heavy cardboard and fasten it to the wall with double-faced tape. Pressure-sensitive adhesive tape strips are a half inch wide and can be cut to any length. One-inch mounting squares can also be used.

If you are sticking something to the wall, make sure the item doesn't weigh more than five or six pounds. And be aware that double-stick tape won't hold on porous or textured walls, or in areas where humidity is high. Adhesive-backed hooks have the same disadvantage.

Picture hangers supported by nails are available in assorted sizes. Some are triple hangers (they take three nails) and will hold up to 75 pounds.

To drive a nail, make an X with masking tape over the spot and hammer the nail in at a 45-degree angle to the wall.

Heavy objects

If you're hanging anything heavier than ten pounds from the ceiling or on the wall, the first step is to find a wall stud or ceiling joist. Vertical wood studs are usually spaced at 16-inch intervals behind drywall board, plaster, or paneling.

You can locate a stud by tapping along the wall until you reach a spot that sounds solid. Or you can use a stud finder. This is a special tool with a magnetic field that attracts the nails in the stud.

If you're lucky enough to find a stud where you need it, you can drive in a nail for pictures, or use screws to fasten a shelf bracket to the wall or a plant hook to the ceiling.

For screws, first drill a hole, smaller in diameter than the screw, through the wall and partway into the stud. This will help prevent the plaster from crumbling and will make it easier to insert the screw.

If you want to hang a heavy picture, mirror, or cabinet where there is no stud, you will need a hollow wall anchor, such as a toggle or Molly bolt. Don't try to make do with extra screws or whatever you've hung will come down eventually.

A toggle bolt consists of a long screw with a nut that has two wings that fold against the screw. Drill a hole through the wall large enough to receive the wing nut when it is folded. Remove the screw from the wing nut, and insert the screw through the object you want to hang. Replace the wing nut and push it through the hole.

Once the wing nut is in the hole and the screw is tightened, the wings will open and the object will be fastened securely to the wall. You can't remove the picture at will, however, as the wing nut will fall inside the wall when you remove the screw.

The Molly bolt consists of a cylindrical sleeve and a bolt. You drill a hole, insert the sleeve and then screw in the bolt. The sleeve will flare open behind the wall.

A Molly bolt takes a smaller hole, but removing the sleeve, if you ever want to, can be tricky.

Masonry walls

Hanging things on concrete, cinder block, or brick walls is more complicated. The device you need will depend on the weight of the object to be hung.

For lightweight objects, the simplest hangers are small squares of plastic with tiny hardened steel pins scattered over the surface. The pins penetrate only about one-fourth inch into the wall and grip firmly.

A nail or stud bolt is on the outer side, and you drive the object to be attached onto this. Some hangers have various hooks, loops for hanging plants, staples for wiring, and utility clips for mirrors. You can hang almost anything that's light, as long as the weight is exerted straight down.

Anything heavy must be hung from plugs of jute, lead, or plastic that have been driven into the concrete or brick. Screws can then be threaded into the plugs. The plugs expand against the wall and grip the screws so tightly that they cannot be removed.

A variation of this type of fastener is an expansion bolt made of very tough high-grade steel with a "memory." The bolt is sheared and pre-expanded after heat treatment. This rugged type of fastener will support almost anything, as long as the wall stands. ■

National Smoker Study:

Important News For 100's Smokers:



Smokers rate taste of low tar MERIT 100's equal to–or better than–leading high tar 100's.

Can low tar MERIT 100's–packed with 'Enriched Flavor™ tobacco–measure up to the taste expectations of high tar 100's smokers?

Read the results from a nationwide research effort involving smokers who actually taste-tested MERIT 100's against leading high tar 100's.

Results Endorse MERIT Breakthrough

Confirmed: Majority of 100's smokers rate MERIT 100's taste equal to–or better than–leading high tar 100's tested! Cigarettes having up to 70% more tar.

Confirmed: Majority of 100's smokers confirm taste satisfaction of low tar MERIT 100's.

Detailed interviews were also conducted with current MERIT 100's smokers.

Confirmed: 85% of MERIT 100's smokers say it was an "easy switch" from high tar brands.

Confirmed: Overwhelming majority of MERIT 100's smokers say their former high tar brands weren't missed!

Confirmed: 9 out of 10 MERIT 100's smokers not considering other brands.

First Major Alternative To High Tar Smoking

MERIT 100's has proven conclusively that it not only delivers the flavor of high tar brands–but continues to satisfy!

This ability to satisfy over long periods of time could be the most important evidence to date that MERIT 100's is what it claims to be: The first major alternative to high tar smoking.

Kings: 8 mg "tar," 0.6 mg nicotine–
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT

Kings & 100's

© Philip Morris Inc. 1979

WHAT'S WHAT IN VACCINATIONS FOR PETS

Several diseases pose major threats to dogs and cats, but with the help of a competent veterinarian, you can protect your pet from most of them. Here's a rundown of what vaccinations your dog or cat needs and when.



Initial protection

Antibodies in mothers' milk usually protect very young animals against most diseases till they're weaned. After that, it's up to you. This natural immunity disappears a week or two after weaning.

Pets should receive their first adult (permanent) vaccinations against most diseases when they're about eight to 13 weeks old, depending partly on whether the animal receives temporary protection with "puppy" or "kitten" shots as soon as he's weaned. (Your veterinarian can advise you about this early protection, based somewhat on how much your young pet associates with other animals.) After that, adult dogs and cats usually need booster vaccinations for most diseases annually. Never assume that your pet doesn't need to be immunized just because he doesn't come in direct contact with other animals. Viruses, which cause most major diseases among dogs and cats, can be carried on clothing, shoes, even through the air.

A variety of vaccines is available to provide protection against major dog and cat diseases. Ask your veterinarian about which vaccines he recommends and why, the precise timing for initial vaccinations and boosters, and the possible side effects.

Undoubtedly, your veterinarian will keep a record of your pet's vaccinations and may even notify you when boosters are due. But as an extra precaution, keep your own health record for your pet, too (many veterinarians even provide forms you can use). Vaccinations are cheap insurance against costly treatment and the possible death of a devoted pet later on.

It's a good idea to arrange for your pet's booster shots to fall due at the same time as his yearly checkup. That will minimize the time and effort involved in protecting your pet. Many vaccines also can be combined in a single inoculation, which also saves time and money.

Rabies vaccinations are an absolute must for dogs or cats that go outdoors. In fact, in most communities dogs must be vaccinated for rabies before they can be licensed. Generally, a dog or cat should get his first rabies vaccination at about four months of age, receive a booster shot one year later, and additional boosters every one, two, or three years after that. (Timetables vary depending on which rabies vaccine is used.)

Only for felines

Feline distemper (also called panleukopenia or feline infectious enteritis) is the number one killer disease among cats. It's caused by a very contagious virus. Feline and canine distemper are two completely different diseases and can't be transmitted between cats and dogs.

Feline respiratory diseases also are very contagious. They're caused by some 17 different viruses spread through the air or through direct or indirect contact between felines. The diseases can occur singly or in combinations. Kittens are especially susceptible to respiratory diseases, which are fatal at least 25 percent of the time.

Vaccines have been developed to prevent at least three of these ailments: rhinotracheitis (also called FVR or herpes virus); calicivirus (FCV), and pneumonitis (or chlamydia). There's a "four-in-one" shot available that provides immunity from all three of these diseases and distemper. Other vaccinations protect against one or more respiratory diseases. Some vaccines, which are given as nose or eye drops, cause mild cases of the diseases that soon clear up and provide immunity.

Immunity created by pneumonitis vaccines lasts only a few months. If you're planning to board your feline or to take him to a cat show, it's smart to get a "fresh" vaccination.

Researchers are investigating viruses responsible for feline leukemia and infectious peritonitis. Ask your veterinarian to keep you posted about development of vaccines for

continued

Get a personalized Country Blend bowl and placemat. Free, for your cat.

Now there's a special way to serve your cat the great taste of new Country Blend ™ from Purina® at Chow® cat food. It's this personalized feeding set—the Country Blend Bowl and Placemat. The Country Blend Bowl is a handsome way to hold food and water. And for an added personal uch, we'll put your cat's name on it. You'll also want our Placemat, neat way to protect floors against spills. Just wipe it clean with damp cloth!

Either item can be yours with the Order Form below, plus Country Blend Weight Circle Points. For *both* items, mply include 8 Weight Circle Points. Here's how to ld them up: Country Blend 22 oz. ox—1 point, Country Blend 4 lb. ag—2 points.

And to help fill your cat's wl, Purina Cat Chow offers u a sizeable savings on w Country Blend, with e coupon below.

New Country lend. And the rsonalized untry Blend Bowl and acemat. What a great way to ing the country to your cat!



For your pet's health... see your veterinarian regularly.

Ralston Purina Co., 1979

ORDER FORM

Free Country Blend Personalized Bowl and Placemat

Mail to: Country Blend™ Bowl-Placemat Offer
P.O. Box 2239
North Canton, Ohio 44720

I enclose: (check one)
- ☐ 4 Country Blend weight circle points for ☐ a personalized bowl or ☐ placemat
- ☐ 8 Country Blend weight circle points for both personalized bowl and placemat

Cat's name _____
(limit 15 letters)

Your name _____

Street Address _____

City _____ State _____ Zip code _____

Place mat is 11⅜" wide x 17¾" long & bowl is 5½" in diameter, 2½" high & 1¾" deep. Include zip code to assure delivery. Allow 4 to 5 weeks for delivery. Items will be mailed separately. Offer void where prohibited, taxed, or restricted and expires March 31, 1980.

Ralston Purina, Checkerboard Square, St Louis, Mo 63188

15¢ STORE COUPON 15¢

15¢ OFF

GOOD ON NEXT PURCHASE OF TWO BOXES OR ANY BAG OF COUNTRY BLEND™ CAT FOOD.

Retailer: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, P.O. Box PL1, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is nontransferable, nonassignable, nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.s, F.P.O.s and void where prohibited, taxed or otherwise restricted. Cash redemption value 1/20 of 1¢. LIMIT ONE COUPON PER PURCHASE OF TWO BOXES OR ANY BAG OF COUNTRY BLEND FROM PURINA® CAT CHOW®. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.



240E 240E

Coupon expires March 31, 1980



continued

Vaccinations for pets

these two frequently fatal diseases.

Strictly for canines

Canine distemper is a very contagious disease that affects a dog's respiratory tract and central nervous system. It's caused by a virus carried in the air.

Puppies and mature dogs alike are susceptible, though some dogs seem to build up a certain degree of immunity with age. Because canine distemper is so widespread (it's the number one killer disease among unvaccinated dogs), few dogs escape exposure.

Infectious canine hepatitis (not the same disease that affects humans) is caused by a virus that primarily attacks liver and kidney tissue in dogs. The mortality rate is lower than for distemper (about 25 percent), but the two diseases may occur simultaneously. A long period of recuperation is required for canines that survive, and for several months after recovery, a dog can spread the virus to other canines that come in contact with his urine and possibly stools or other secretions.

Dogs of all ages are susceptible, though most are affected early in life. The hepatitis vaccine can be given as part of the three-in-one distemper and leptospirosis shot.

Leptospirosis is a bacteria-caused disease primarily of kidney and liver tissue that can be transmitted to other dogs and to humans through contact with urine, stools, or other secretions of infected animals. This disease can be fatal and is especially life threatening to puppies. Since cases of leptospirosis are increasing, vaccination (in the shot with distemper and hepatitis) is very important.

Tetanus (also known as lockjaw) is most serious in horses, cattle, and humans, but dogs can develop it, too. Some veterinarians recommend a tetanus shot when a dog is injured —though not as part of a regular disease prevention program.

Kennel cough (or tracheobronchitis) is a respiratory infection in dogs that is caused by two viruses (canine parainfluenza and canine adenovirus). Vaccines are available for both, though your veterinarian may not recommend regular inoculations if your dog doesn't have much contact with other animals. Some kennels require vaccination before dogs are accepted as boarders.

Heartworm is an internal parasite —not a viral disease. But preventive treatment is available for heartworm, unlike other internal parasites. Heartworm parasites are carried by mosquitoes and transferred to dogs when the insects bite. Cases of heartworm have been reported all over the country, and outdoor dogs are the likeliest victims.

Ask your veterinarian about an annual spring heartworm check for your dog and about putting him on a regular program of preventive daily medication (liquid or tablets) during mosquito season. Never administer any kind of preventive heartworm medication without first making certain your pet is free of the parasites. The results could be fatal. ■

This 2-in-1 agitator

makes our washer tough when it has to be. Gentle when it should be.

Get it with this JCPenney laundry pair and

save $90.



A washer with two agitators in one. High vane for normal to heavily soiled clothes. Self storing, low ribbed agitator for delicates including hand-washables. And, the matching large capacity dryer lets you do the complete laundry job.

Sale 329.95 #1745 Large capacity washer
Regularly 379.95

Sale 249.95 #4755 Electric dryer
Regularly 289.95

#5755 Gas dryer. Reg. 319.95. **Sale 279.95**

The JCPenney Mark of Quality. The critical components of this laundry pair have been factory tested by electronic equipment to rigid JCPenney standards.

The JCPenney Time Payment Plan. The easy, convenient way to budget large purchases.

Full One Year Warranty. One year home service to correct any defects in material or workmanship.

Our Assured Performance Plan. Additional, unlimited service by trained technicians at a small yearly charge.



Sale prices effective March 18th through April 14th. At stores with major appliance departments. Prices slightly higher in Alaska, Hawaii, Puerto Rico. Sorry, not available outside normal delivery area. Phone for details.

This is JCPenney



White

Fresh Avocado

Almond

©1979 JCPenney Co., Inc.

GARDENING IN MARCH

This month is a good time to get the jump on the growing season by polishing off some of those early garden chores.

Caladiums and tuberous begonias

Start both caladiums and tuberous begonias in low flats. Use a rooting medium of peat moss and vermiculite. Space the tubers about an inch apart and cover lightly with the mixture. Place begonia tubers concave side up and caladiums rounded side up. After watering, cover the flat with a piece of clear plastic and set in a warm, bright location. When the tubers have at least two or three leaves, transplant into four-inch containers filled with potting soil. Water deeply and return the containers to the bright location. Transfer to a partially shaded location outdoors after frost danger has passed.

Bare spots on the lawn

Rake the areas thoroughly to remove all dead grass and trash, then loosen the soil surface for proper aeration and drainage. Select a proper grass seed mixture that is formulated for your light conditions. Sow the grass seed evenly over the entire bare spot. Then rake a thin layer of soil over the seed and tamp down gently. Using a fine spray, water the area completely and keep moist until germination. Fertilize the rest of the lawn with a lawn fertilizer. Some bare spots are caused by contaminated soil. If you suspect this is the case, replace the top several inches of soil before reseeding.

Soil conditioning

- Cow, sheep, horse, hog manure

Use three to five bushels per hundred square feet two weeks before planting. Animal manure is a good source of nitrogen and a useful soil conditioner.

- Poultry manure

Use one to two bushels per hundred square feet two weeks before planting. The nitrogen content of poultry manure is very high so be sure to avoid over-application.

- Commercially balanced fertilizer

Use four to five pounds per hundred square feet. Rake the fertilizer thoroughly into the top four inches of soil at planting time or use the fertilizer as a side-dressing. Commercial fertilizer provides the major nutrients (nitrogen, phosphorus, and potassium) for immediate plant use but contains few of the micronutrients.

- Blood meal

Use about ten ounces per hundred square feet one week before planting or later as a side-dressing. Blood meal is high in nitrogen and will discourage small animal pests.

- Fish scraps

Use about 1¼ pounds per hundred square feet one week before planting or later as a side-dressing. Fish scraps contain high amounts of several major nutrients.

- Cottonseed meal

Use five pounds per hundred square feet one week before planting or later as a side-dressing. Cottonseed meal contains nitrogen and phosphorus and is good for acid-loving plants. ■

Did their hands fool you?



(Cont'd from page 162)

Maura's grandma is on the left.
Her mother on the right. Obviously,
young-looking hands run in their family.
They say Ivory Liquid helps.

Mild Ivory Liquid helps hands stay young looking.

We're looking for mothers and daughters who are Ivory Liquid users. If you know of any, write and let us know. Maybe they'll be in an Ivory Liquid ad. Send letters to: Ivory Liquid, Box 599



Bring your garden to the table with Ferry-Morse seed and

SAVE 20¢

Now's the time to plant and save on America's most popular vegetable and flower seed. Just bring in the coupon and save 20¢ when you buy any combination of 3 or more Ferry-Morse packet seeds or other garden products. Choose from a wide selection of vegetable and flower varieties ready for planting now. Available in regular packets, or in convenient Seed-Tape that has seeds pre-spaced in a water-soluble tape for easy planting. Also available in Sow n Gro starter kits with a greenhouse-type container that lets you start your garden indoors. For year 'round gardening, Ferry-Morse offers Pot-a-Plant indoor houseplant seed kits.

20¢ 20¢

20¢ OFF

on the purchase of 3 Ferry-Morse products in any combination

(Grass Seed Excluded)

Mr. Dealer: Ferry-Morse Seed Company will reimburse you for the full value of this coupon plus 5 cents for handling, if you redeem it on the sale of Ferry-Morse products and if, upon request, you submit evidence thereof satisfactory to Ferry-Morse. Customer must pay sales tax. Void where prohibited, taxed or restricted by law. Cash redemption value 1-20 of 1 cent. Coupon presented for payment by other than retailer of Ferry-Morse products will not be honored. DO NOT MAIL COUPON. Ferry-Morse representative will call at your store and collect coupons for credit during packet seed checkup, or if required, dealer may mail coupons direct to Ferry-Morse Seed Company, P.O. Box 100, Mountain View, CA 94042. Coupon honored at participating stores only.



BH

Coupon expires June 30, 1979.

FERRY-MORSE

GOOD NEWS

Simplified transfers



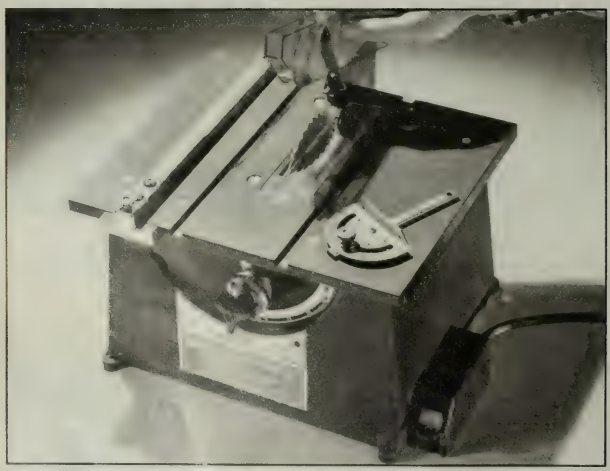




You can transfer any design to almost any surface with this new craft system. First you trace the desired design (or create your own) with the special pen and transfer paper *(left).* Next you rub the design off *(center)* onto fabric, wood, plastic, or other material with just pressure (no ironing or heat is needed). Finally, you finish the design with paint *(right),* embroidery, appliqué, crewel, carving, etc. One design will transfer to several surfaces (flat or curved) and the transfer ink will wash off your finished project. Packs of designs and transfer paper are available; subjects include decorative trims, Pennsylvania Dutch designs, jungle animals, block letters, script monograms, spring flowers, and playthings.

Pressure-fax Transfer Pen (with paper), about $3; Pressure-fax Design Packs, $1.75. Graphic Techniques, 2531 Neff Rd., Dayton, Ohio 45414.

Tiny table saw



Here's the ideal tool for picture framing, model building, and other crafts, as well as general-purpose sawing of wood and plastic. This motorized table saw has a 10x12-inch worktable and weighs under ten pounds. The four-inch blade makes perpendicular cuts of up to one inch and mitered cuts of up to three-fourths inch. A self-aligning adjustable rip fence and adjustable miter gauge can be positioned on either side of the blade. Locking depth and angle adjusting controls are on the front of the saw, and a sawdust chute is on the back for connecting the saw to a vacuum cleaner or a bag.

Model 580 Table Saw, about $90. Dremel, Div. of Emerson Electric Co., 21st St., Racine, Wis. 43506.

continued

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

© 1978 R. J. REYNOLDS TOBACCO CO.

Now. It's a satisfying decision.



Like many people you may recently have switched to a lower tar cigarette, with milder flavor.

But as your tastes have changed, you may have found yourself reaching for a cigarette even lower in tar. An ultra-low tar alternative that satisfies your new tastes in smoking.

Then the decision is Now.

Now has only 2 mg tar. And bear this in mind: today's Now has the most satisfying taste in any cigarette so low in tar.



Now

Only 2 mg tar. Significantly lower than 98% of all cigarettes sold.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER, MENTHOL: 2 mg. "tar", 2 mg. nicotine av. per cigarette by FTC method.

GOOD NEWS

Versatile flooring glue



Whatever flooring you're laying, this is the only adhesive you'll need. You can use it to install vinyl; asphalt or rubber tile; linoleum; or jute, foam, or sponge-rubber-backed carpet laid over plywood, hardboard, or concrete. The adhesive comes clean with water.

Multipurpose Flooring Adhesive, about $3.19 (quart), $9.29 (gallion). Elmer's Consumer Information Center, P.O. Box 157, Hilliard, Ohio 43026.

Chill stoppers



Are March winds causing chilly drafts in your home? Installed behind wall plates and light switches, these foam sealers can block almost every trace of heat-stealing drafts from cold spots. And the plastic caps are easily inserted into unused plugs.

Draft Sealers, about $4 (six outlet insulators, ten plastic caps, two light switch insulators), Armstrong Cork Co., Lancaster, Pa. 17604.

"...and I grew them all myself!"

Brighten up your home with cut flowers that didn't come from a flower shop. Fill your freezer with fresh-picked vegetables that never saw a store. Sip a cool drink on your deck where the air's full of fragrance and your garden's alive with color. It's all yours with the help of these six "You Can Grow" garden books.

The colorful, 96-page, hardcover books feature comprehensive, illustrated "ABC's" of hundreds of varieties plus special tips on how to get the most out of *your* garden...no matter where you live or what soil type and situation you have. Choose your favorites — and enjoy a successful garden you can be proud of. **Only $3.95 each.**



Better Homes and Gardens® Books

Tender Vittles tastes so good, thank goodness it's good for him.

When it comes to feeding Edgar, Tender Vittles sure has made my life easy.

I feed him twice a day and he simply loves that moist meaty taste. And I love the fact he's getting every last bit of nutrition he needs.

Did you know that ounce for ounce, Tender Vittles has twice the protein of most leading cans?

And yet to give my cat all this nutrition, all I have to do is open a pouch and pour. What could be easier?

I guess the only hard part about serving Tender Vittles is deciding which of their 8 delicious flavors to serve.

Purina® Tender Vittles®
Cat Food



For your pet's health see your veterinarian regularly.

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

BARRIER-FREE ROOMS FOR THE DISABLED
Page 34 (left): Floor lamp—Sonneman-Kayson Lighting Corp., 37-50 57th St., Woodside, N.Y. 11377. Dining/game table—Hammary Furniture Co., P.O. Box 760, Lenoir, N.C. 28645. Window blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030. Carpet—Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022. (Middle and right): Storage pieces and headboard—Drexel-Heritage Furnishings, Drexel, N.C. 28619. Sheets—Martex, 1221 Ave. of the Americas, N.Y., N.Y. 10020. Table lamp—Tyndale, Inc., 2545 W. Diversey Ave., Chicago, Ill. 60647.

A STEP AHEAD IN SOLAR LIVING
Page 50 (bottom): Couch, armchair, side chair, box table—Tropi-Cal, 5716 Alba St., Los Angeles, Calif. 90058. Standing lamp—George Kovacs Lighting, Inc., 831 Madison Ave., N.Y., N.Y. 10021. Oriental area rugs—Soroya Oriental Rugs, 25 Icehouse Alley, San Francisco, Calif. 94111. Throw pillows—Sky's The Limited, 665 Valley Drive, Hermosa Beach, Calif. 90254. Dining table and chairs—Hippopotamus, 1933 S. Broadway, Los Angeles, Calif. 90007. French market basket—Forrest Jones, Inc., 3274 Sacramento St., San Francisco, Calif. 94115.
Page 51: Lounge chairs—Gold Medal Folding Furniture Co., 1710 Packard Ave., Racine, Wis. 53403. Plant boxes and circular plant stands—Interior Plant Systems, 151 Union St., San Francisco, Calif. 94111.
Page 52 (top): Standing lamp—Simple City Systems, 638 Stanyan St., San Francisco, Calif. 94117. (Bottom): Slatted tables—Simple City Systems (address above).
Page 53: Lounge chair—Hagen International, 424 Ninth St., San Francisco, Calif. 94103. Floor cushions—Showroom III, 30 Hotaling Place, San Francisco, Calif. 94111. Quilt—Once Upon A Quilt, 1898 Hyde St., San Francisco, Calif. 94109. Sectional chaise—Raymor, Richards, Morgenthau, Inc., 734 Grand Ave., Ridgefield, N.J. 87657.

MAKE ROOM FOR A KITCHEN EATING AREA
Page 56: Fabric hanging "Pythagoras"—Boris Kroll Fabrics, Inc., 979 Third Ave., N.Y., N.Y. 10022.
Page 57 (top): Flooring "Castillian"—Armstrong, Lancaster, Pa. 17604. Cooktop—Magic Chef, King Edward Avenue, Cleveland, Tenn. 37311. Oven—General Electric Co., Appliance Park, Louisville, Ky. 40201. Cabinets—Nevamar, Odenton, Md. 21113. Counter tops—The Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202. Dishwasher—KitchenAid, Division of The Hobart Mfg. Co., Troy, Ohio 45374.
Page 58 (left): Windows—Andersen, Bayport, Minn. 55003. Table—ANZ Furniture, Church St., Cambridge, Mass. 02134. Chairs—Scandinavian Design Inc., 57 Boylston St., Cambridge, Mass. 02134. China "Asian Rose"—Royal Crown Derby, Doulton and Co., Inc., 400 Paterson Plank Rd., Carlstadt, N.J. 07072.
Page 59 (top): Dishwasher—The Maytag Co., Newton, Iowa 50208. Refrigerator—Amana Corp., Amana, Iowa 52203. Counters—The Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202. Portuguese tiles—Country Floors, 300 E. 61st St., N.Y., N.Y. 10021. Quarry tile flooring—Shep Brown Assoc., Inc., 27 Stanhope St., Boston, Mass. 02116.

HE COOKS: PINEAPPLE BREAD PUDDING
Page 80 (left): Glass bowl—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Glass pitcher—Kosta Boda USA Ltd., 225 Fifth Ave., N.Y., N.Y. 10010. Wooden board—Etco Industries, Inc., 225 5th Ave., N.Y., N.Y 10010.

STEP-BY-STEP COOKING: DEEP-FRIED ONION RINGS
Page 154 (bottom right): Fryer (pint size)—Sunbeam Corp., 5400 W. Roosevelt Rd., Chicago, Ill. 60650.

THE FINE ART OF DISPLAYING ART
Page 113 (top): Pillows—Marimekko, Inc., 555 Madison Ave., N.Y., N.Y. 10022. Upholstered furniture—Domani, Div. of Burris Ind., Inc., 1762 Merchandise Mart, Chicago, Ill. 60654. (Bottom): Wallpaper—Louis W. Bowen, Inc., 979 Third Ave., N.Y., N.Y. 10022.
Page 117 (top): Pillow fabric—The World Wildlife Fund, Inc., 1319 18th St., N.W., Washington, D.C. 20036. Wallpaper—F. Schumacher & Co., 939 Third Ave., N.Y., N.Y. 10022.

MEAT COOKERY: HOW TO MAKE THE MOST OF THE MEAT YOU BUY
Page 120: Platter "Potter's Wheel"—Denby Ltd., 41 Madison Ave., N.Y., N.Y. 10010.
Page 121 (top): Platter "Ptarmigan"—Fabrik, Inc., 3241 Eastlake Ave. E., Seattle, Wash. 98102.
Page 123 (top): Wooden board—Etco Industries, Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 125: Dutch oven—Stoneware Designs West, 3056 Bandini Blvd., Los Angeles, Calif. 90023.

PRIZE TESTED RECIPES
Page 139 (left): Gravy boat—H.E. Lauffer Company, Inc., Belmont Dr., Somerset, N.J. 08873. (Right): Bowl—Lauffer (address above).
Page 140 (center right): White casserole in stand—Nordic Ware, 5005 Hwy. 7, Minneapolis, Minn. 55416. (Right): Dinner plate "Fainze"—Arabia of Finland, 5603 Howard St., Niles, Ill. 60648.



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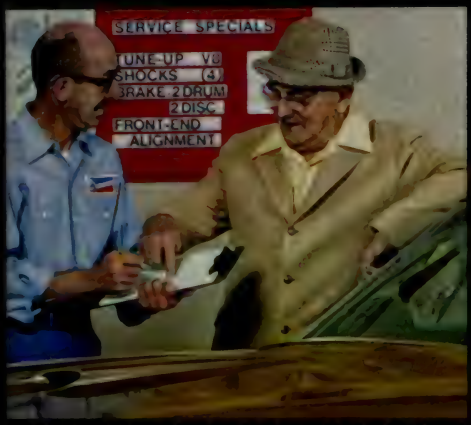


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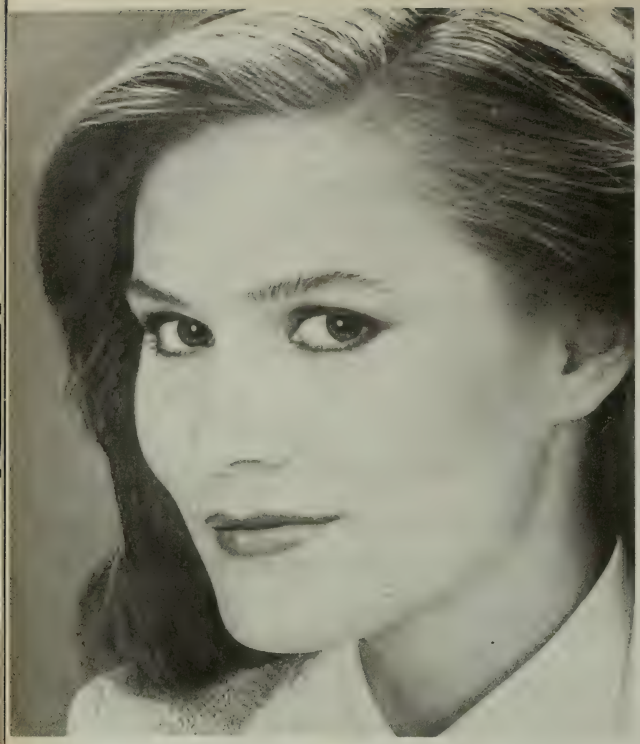
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FURNISHINGS

Nursery storage units

If you are in the market for a baby's crib, you'll soon find that most nursery groups also include matching storage units. Here's some information.

Typically, three-drawer chests that are about 35 inches high and taller four- or five-drawer chests are available. Some groups also have wardrobe units that include hanging space and drawers or shelves.

Any chest can be used in the nursery for clothes storage. But the 35-inch high nursery models do have special safety and convenience features so they can be used as changing tables.

Some have ledges all around the top and safety straps to hold the baby securely. Other special features include foam-filled pads designed to fit the tops, and utility trays that hook to the ledges to keep small items within reach. In some models, a small bathtub is concealed beneath the top.

The dressing top may be a separate unit that can be removed later, or it may be built in and designed so it will fold back to become a shelf for books. Some tops open out to make a larger changing table.

Most nursery furniture has a plastic finish or plastic-laminated surface that can take soap and water washing.

Make sure that all storage units stand firmly on the floor so a toddler can't tip them over. To test stability, press your weight on a pulled-out drawer. Could the chest tip over?

Judge the construction and materials of infant case goods as you would adult furniture. Quality pieces are made of hardwood, with mortise and tenon joints and end and corner blocks, preferably notched and screwed into place. Rigidity is important because children's furniture will get rugged use.

Check drawer joints where the sides are attached to front and back. Dovetailed joints are best. Attaching the sides with only glue or staples is a sign of poor construction.

Look for dust panels between each drawer. All quality chests have them. If you must economize, at least try to find a chest with a bottom panel. ■



V-8 Cocktail Vegetable Juice is a healthful blend of 8 vegetables that tastes terrific and is naturally low in calories . . . only 35 calories a 6-ounce serving.

Remember, the time to think of having "V-8" is before you've had something else.



If you are on a salt-restricted diet or prefer less salt, look for Low Sodium "V-8" where you shop.

"V-8" is a registered trademark of Campbell Soup Company.



Lorenzo

In this first of a series on making wine, I want to explain how the Sebastianis became a wine-making family. I have to begin in the mid-1800's with my great-grandfather, Lorenzo, a peasant farmer near Lucca in the Tuscany region of northern Italy. He and my great-grandmother, Sabina, supported their family with a few chickens and a small vegetable garden. Their meals were simple but wine was always on the table.



Tuscany was rich with vineyards and wine was a part of just about everyone's life. Lorenzo never had the opportunity to learn the vintner's skills but it was not for lack of desire. His love of good wine and respect for those who made it was passed on to his son, Samuele, who, as a boy spent much of his time at a nearby monastery watching and helping the monks tend their vineyards and create their wines. Here he learned the techniques he would later bring to America and eventually pass along to his son, August.



Lorenzo and his love of good wine inspired the course our family has followed for three generations — passing from father to son a wealth of accumulated knowledge.

If you'd like to hear more from the wine country on a regular basis, please write for our free monthly newsletter.

Sam J. Sebastiani

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H1

Nifty food shapers

For the cook who likes to make everyday food look extra special, there are dozens of gadgets to help. Here are three ingenious tools that can give appetizing shape and texture to a variety of food.



You can produce beautifully patterned carrots, beets, and potatoes with this fluting knife. Its 4½-inch blade is made of super sharp stainless steel. For a special treat, slice potatoes with the knife, drop slices in cold water to remove surface starch, dry on paper towels to help browning, and sauté in olive oil for ten minutes.



The garnish cutter is perfect for making rose decorations from radishes and fruit cocktail shells from oranges. This tool has sharp stainless steel blades so you need make only one cut to get perfect radish roses. Then drop the roses in ice water to help them blossom. Use to garnish a main dish salad or cold cut platter.





The wire potato nest fryer creates crunchy golden baskets for vegetables. The four-inch-diameter potato nests take two to three minutes to deep-fry. You can make them ahead and reheat them when you're ready to serve. Waxy potatoes such as russets work best. Shred the potatoes coarsely and rinse the shreds in a colander with cold water to eliminate the excess starch.

Dry the shredded potato between paper towels and line the outer potato nest basket with the shreds—you'll need about a half-cup of shreds for each nest. Snap the inner basket in place and plunge the nest into deep hot oil heated to 350-360 degrees. When the potato begins to brown, unhook the inner basket and wiggle it to loosen the nest. Cook the nest until it's golden brown and then drain it on paper towels. To be sure you get well-shaped, firm baskets, it's best to practice making them several times.

An announcement from the Colgate-Palmolive laboratories to every woman who cares about her laundry:

After you read this, you may never use your powder or liquid laundry detergent again.

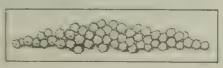
Announcing revolutionary Fresh Start.™ It's not ordinary powder or liquid. It's highly concentrated granules. So concentrated... just ¼ cup cleans your whole washload.



©1977 Colgate-Palmolive Co.

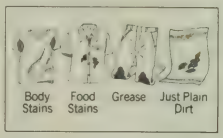
Until now, you used either ordinary powder or liquid laundry detergents, simply because they were your only choices.

Well, now all that is changed. Because now there's new Fresh Start. This revolutionary detergent discovery is truly unique.



Granules. A difference you can see.

Inside Fresh Start's clear plastic bottle are millions of granules. Look very closely because this is not ordinary powder. These tiny blue beads are highly concentrated. In fact, they contain more cleaning ingredients per ounce than the leading powder or liquid detergent.



Why four common laundry soils are so important.

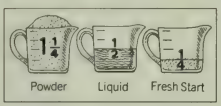
Most every laundry problem you're faced with falls under one of them. Food stains. Grease. Body stains. And just plain dirt.

Obviously, no single product gets every stain out. But Fresh Start's unique formulation is specially designed to work on all four of these common laundry soils. Every single time you do your wash.



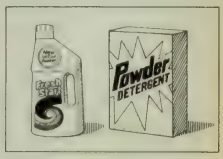
What do we mean by the best of powders and liquids?

Powders' strength is getting out dirt and stains. Liquids were created to help remove grease. Fresh Start combines the best dirt and stain-fighting ingredients of powders with the best grease-fighting ingredient of liquids. The fact is, no other laundry detergent gives you this combination in revolutionary highly concentrated granular form.



How can just ¼ cup clean your whole washload?

In a word, concentration. Fresh Start is so highly concentrated, just ¼ cup cleans the whole washload. You may find this slightly astonishing at first. But the fact is, and you'll see first hand, Fresh Start does a big job. What's more, you can use the cap on the Fresh Start bottle to measure that ¼ cup.



Will our bottle outlast their box?

Yes. Size for size, Fresh Start gives you more washes than ordinary powder detergents. We know how important economy is to you these days.

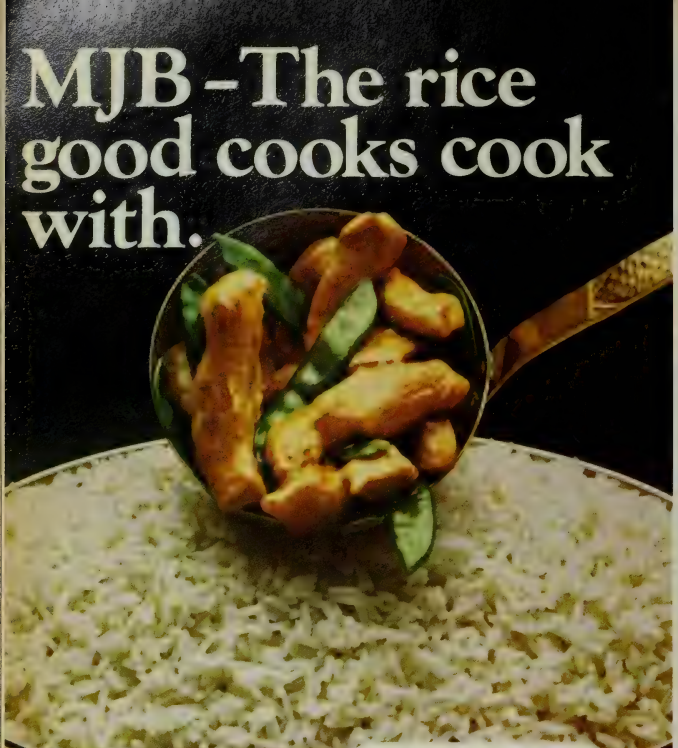
So now that you've read about this remarkable new laundry detergent, there's only one thing for you to do.

You must try Fresh Start. See the difference in the bottle. And then discover the difference in your wash.

We think you'll like Fresh Start. We think you'll like it so much, you may never use your powder or liquid laundry detergent again.

Fresh Start. It's the best of powders and the best of liquids in one.

MJB-The rice good cooks cook with.



MJB SOY GLAZED CHICKEN AND RICE (serves 6)

1 cup MJB Long Grain White Rice
4 half chicken breasts (1½ pounds), boned and skinned
1 tablespoon flour
½ teaspoon paprika
¼ teaspoon garlic salt
1 tablespoon oil
1 can (10¾ ounces) chicken broth
1 tablespoon cornstarch
2 tablespoons soy sauce
1 tablespoon catsup
1 tablespoon wine vinegar
1 teaspoon sugar
¼ cup water
1 package (6 ounces) partially thawed Chinese pea pods

Cook rice according to package directions. Cut chicken into half-inch strips. Mix flour, paprika and garlic salt. Add chicken and toss lightly to coat. Stir-fry chicken in hot oil until lightly browned. Add broth, cover and simmer 5 minutes. Combine cornstarch with next 5 ingredients. Blend mixture into broth in pan, stirring until sauce boils. Add pea pods, cover and cook until tender-crisp, about 2-3 minutes. To serve, spoon chicken mixture over rice.



Cooks up perfectly every time

This is the rice good cooks count on to cook up light and fork-fluffy, every time. The MJB Kitchens invite you to enjoy the Long Grain White Rice that has a 50 year heritage of delicious, nutritious goodness.

The Good Cooks' Rice

Free Recipe Booklet: for 25 other delicious Meal Maker Rice Recipes, send 25¢ to cover postage and handling to MJB Rice Recipes, P.O. Box 39, Lomita, California 90717

FOOD

Homemade toaster pastries



Photograph: Dieter

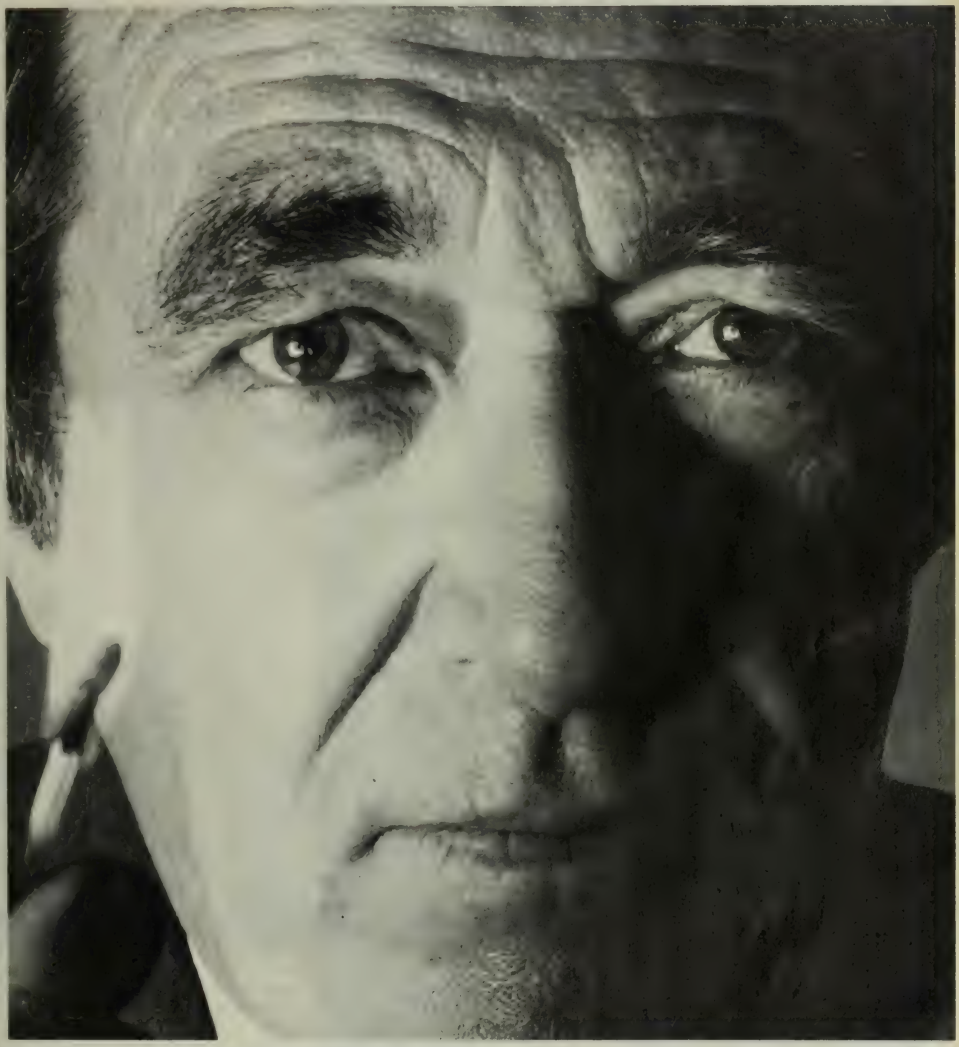
HOMEMADE TOASTER PASTRIES

2 large apples, peeled, cored, and finely chopped (2 cups)
2 tablespoons water
⅓ cup sugar
1 teaspoon cornstarch
¼ teaspoon apple pie spice
1 recipe Pastry Dough

These pastries can be a welcome change from the usual morning toast—

In small saucepan combine apples and water. Cook, covered, 15 minutes. Combine sugar, cornstarch, and spice; stir into apple mixture. Cook and stir till thickened and bubbly. Cool. Make *Pastry Dough:* In large bowl stir together 1¾ cups all-purpose *flour* and ¾ teaspoon *salt;* make well in center. Add ¼ cup *butter or margarine,* chilled, 2 tablespoons *cooking oil,* and 1 beaten *egg;* cut in till mixture is crumbly. Gradually sprinkle 3 tablespoons *ice water* over mixture, tossing with fork; add more ice water, if necessary, till mixture is well blended and forms a smooth ball. Divide dough in half; cover. On lightly floured surface roll *half* the dough to 16x9-inch rectangle. Cut into twelve 4x3-inch pieces. Place a tablespoon of fruit filling on *half* of the pieces, spreading to within ½ inch of edges. Dampen edges. Cover with remaining pieces of dough. Press edges with fork to seal. Place on ungreased baking sheet. Bake in 400° oven for 10 to 12 minutes (pastries should not be brown). Cool. Repeat with remaining dough and filling. Wrap in foil or clear plastic wrap. Label and refrigerate or freeze. To use, thaw frozen pastries; toast in toaster on medium setting. Makes 12. ■

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FOOD

Crockery cooking: converting main dish recipes

With a bit of experimenting, you can adapt some of your favorite recipes to crockery cooking techniques. Expect to get slightly different results from slow cooking than from conventional cooking. Keep the following guidelines in mind.

- For best flavor and appearance, it's a good idea to brown meats and poultry in a little oil before placing them in the crockery cooker.
- Since liquids in soups, stews, and main dishes won't boil away in the slow cooker as in a saucepan or roaster, you should *decrease* the liquid in the recipe by one-third to one-half.
- Surprisingly, meats tend to cook faster than vegetables in a crockery cooker. To even out the cooking time, quarter or slice the vegetables, then place them in the pot with the meat pieces on the top.
- To prevent curdling and scorching, stir in ingredients such as milk, yogurt, and sour cream at the end of cooking.
- To maintain the temperature of a hot mixture in your warm slow cooker, add frozen vegetables when they're at least partially thawed.
- Switch to whole spices or the leafy herbs for seasoning, since ground spices and herbs tend to lose their flavor when they're cooked for a long time.
- To preserve the flavor and appearance of fragile vegetables such as mushrooms, zucchini, and Chinese vegetables, add them to your slow-cooked concoction just an hour or two before serving.
- Hearty, flavorful sauces for many dishes can simmer all day in the crockery cooker, but add fish or seafood, instant rice, or pasta only one or two hours before serving time so you won't overcook them.
- If a crisp topping such as bread crumbs or corn flakes is desired, sprinkle it on 30 minutes before serving and finish the cooking *sans* cover. ■

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Cooking in Action!

First, learn the essential techniques.

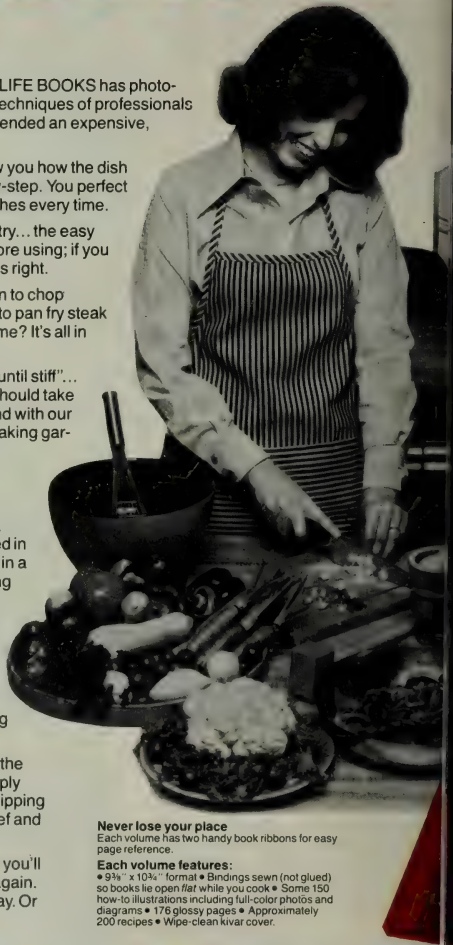
Now, in THE GOOD COOK, a big, beautiful color-filled series, TIME-LIFE BOOKS has photographed cooking in action... and *stopped the action* to show you the techniques of professionals and famous chefs, and to teach you to be a great cook just as if you attended an expensive, first-class cooking school.

You *see* each sequence, step-by-step. Our full-color photos show you how the dish *should look* at every stage. You *follow* clear, simple directions, step-by-step. You perfect the how-to-do-it techniques that enable you to turn out exceptional dishes every time.

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Want to know how to make a never-fail puff pastry pie crust? Learn to chop vegetables the *right* way, deftly, swiftly and never nick a finger? Learn to pan fry steak by a method that seals in the juices in the first 60 seconds of cooking time? It's all in THE GOOD COOK.

You'll never find vague instructions like "cook until done"..." beat until stiff"... "bake until brown" in THE GOOD COOK. We'll tell you how long "done" should take and how to test it. Show you what "stiff" or "brown" really looks like. And with our close-up sequence photographs of techniques like boning, glazing, making garnishes or sauces, there's no question of what to do.



Then, try the recipes—more than 3,000.

Chicken Kiev—crisply coated boneless breast wrapped around a finger of seasoned butter. Sauté de Boeuf à la Bourguignonne—braised in red wine with mushrooms, cognac, herbs. Shrimp Arnaud—marinated in a luscious herb-scented mustard vinaigrette. We've searched out exciting recipes from around the world so you can put your new-found knowledge to work. In dishes of simple excellence: Steak Beurre Marchand du Vins; Roast Chicken with Parsley. In more elaborate fare: Crêpes; Peking Duck; Kalbsschnitzel Cordon Bleu stuffed with Westphalian ham and gruyère.

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A library of cooking from Time-Life Books

How to have colorful concrete

Buy colored premix from a cement dealer, or add the pigment yourself. You'll get true colors if you mix pigments with white cement; gray Portland cement produces muddied hues.

For rich colors, use about two pounds of pigment per bag of premix. If you're mixing your own concrete, use nine pounds of pigment per bag of cement. Thoroughly mix powdered pigments with dry concrete before adding water.

For projects with edges that won't show, screed off regular, uncolored concrete about ½ inch from the top of the form. After the surface water has evaporated, trowel on a topping of colored concrete and level with a magnesium trowel or wood float.

Sprinkle on color

Sprinkling on color is the least expensive way to color concrete. However, this technique isn't suitable if the edges of the finished concrete slab will show or if you want a precise shade.

Use a prepared coloring agent, or mix your own using a 2-2-1 mixture of white Portland cement, fine mortar sand, and coloring pigment. Plan on one pound of sprinkling material for every two square feet of surface.

Float, edge, and groove the concrete, then sift on the color. Make two applications, troweling after each. Finish and cure *without* plastic sheeting.

Coloring existing concrete

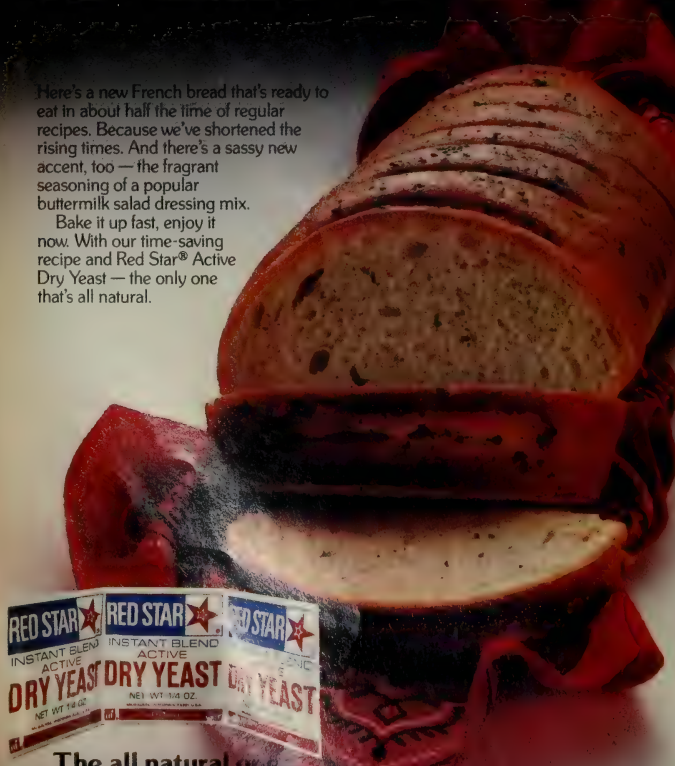
For exterior use, choose a concrete stain. It will penetrate the concrete so the color won't chip off.

Prepare the surface by etching it with muriatic acid. Dilute the acid with water, sweep it on with an old broom, and let it stand about 20 minutes. Flush the area with water. When the surface is dry, apply the stain. ■

No-Time-To-Bake™ baking.

Here's a new French bread that's ready to eat in about half the time of regular recipes. Because we've shortened the rising times. And there's a sassy new accent, too — the fragrant seasoning of a popular buttermilk salad dressing mix.

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The all natural one.

French Herb Bread
(Start-to-finish, about 90 min.)

5 to 6 cups all-purpose flour
2 packages Red Star Instant Blend Dry Yeast
1 package (at least ¾ oz. or 4 teaspoons) dry ranch-style buttermilk salad dressing mix, reserve 1 teaspoon
1½ cups buttermilk
½ cup water
¼ cup shortening
1 egg
1 tablespoon melted butter or margarine

Oven 375° 2 Loaves

In large mixer bowl, combine 2 cups flour, yeast, 3 tsps. salad dressing mix; mix well. Heat buttermilk, water, shortening until warm (120-130°; shortening need not melt); add to flour mixture. Add egg. Blend until moistened; beat 3 min. at medium speed.

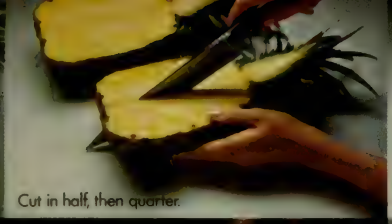
Gradually stir in enough remaining flour to make a firm dough. Knead on well-floured surface until smooth and elastic (5-10 min.). Place in greased bowl, turning to grease top. Cover; let rise in warm oven (turn oven to lowest setting for 1 min., turn off) for 20 min.

Punch down dough; divide into 2 parts. On lightly-floured surface, roll or pat each half to a 12x7-inch rectangle. Starting with longer side, roll up tightly sealing edges and ends. Place seamside down on greased cookie sheet. Make diagonal slashes about 2 inches apart in tops of loaves. Cover; let rise in warm oven until light and doubled, about 30 min.

Bake in preheated oven at 375° for 25-30 min. While warm, brush with melted butter; sprinkle with 1 tsp. reserved salad dressing mix. Cool on wire racks.

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Make reservations NOW for programs beginning June 1st.

*Weight loss varies from 6 to over 100 pounds depending on overweight and program length.

Write Dr. Sorenson, National Institute of Fitness
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Whether you're planning a cross-country trek, a weekend away from home, or a simple day trip, you'll be interested in a couple of guidebooks that can help keep travel expenses in line.

1001 Sources for Free Travel Information—Valuable Freebies You Should Know About is a roundup of often hard to find information, including over 1,200 addresses in the U.S. and abroad where you can write for free travel information, and tips on little-known travel freebies. For your copy, send $4.50 to Travel Information Bureau, Box 105, Kings Park, New York 11754.

The *National Directory of Free Tourist Attractions* is loaded with information about free travel attractions —from public gardens and museums to restored villages, scenic wonders, etc.—across the country. The *Directory* is available for $2.95, plus 50 cents postage and handling, from Pilot Books, 347 Fifth Avenue, New York, New York 10016. ■

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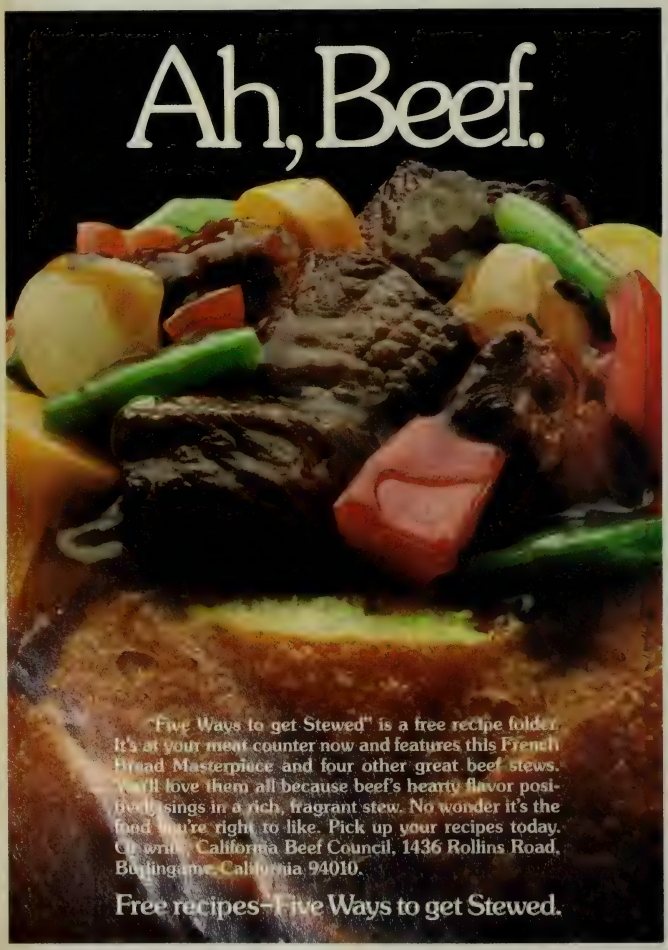

Break it out tonight.
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ORIGINAL
E&J
BRANDY
BLENDED AND BOTTLED BY E & J DISTILLERS
E&J Brandy.
Rich. Rare. Remarkably smooth.

Multipurpose sauces

Next time you need a spur-of-the-moment sauce to dress up a dish, try one of these easy recipes. They're complete with ingredient variations so you can alter them according to what's on hand and to suit your taste. You'll also find they're as versatile as the word multipurpose implies.



Photograph: Dieter



CHEESE SAUCE

Use this pour-over sauce to embellish your favorite vegetables, fish, poultry, omelets, or soufflés—

2 tablespoons butter *or* margarine
¼ cup chopped vegetable*
• • •
2 tablespoons all-purpose flour
¼ teaspoon salt
Dash white pepper
1¼ cups milk
• • •
½ cup shredded cheese (2 ounces)**

In a small saucepan melt butter or margarine. Add the desired chopped vegetable; cook and stir till vegetable is tender but not brown. Blend in flour, salt, and pepper. Add milk all at once. Cook and stir till mixture thickens and bubbles. Remove sauce mixture from heat; stir in the desired cheese till cheese is melted. Makes about 1½ cups cheese sauce.

Variations:

*Use onion, celery, green pepper, or shallots.

**Use American cheese, Gruyère cheese, cheddar cheese, crumbled blue cheese, or *half* Swiss cheese and *half* American cheese.

WINE SAUCE

Spoon small amounts of this buttery sauce over steaks, roasts, poultry, veal, fish, or pork—

⅓ cup dry wine*
1 tablespoon chopped onion
¼ teaspoon dried herb, crushed**
• • •
1 tablespoon butter *or* margarine
1 tablespoon snipped parsley
Dash salt
Dash pepper

In small saucepan combine the desired wine, onion, and the desired herb. Bring to boiling; boil, uncovered, 3 to 4 minutes or till wine is reduced by half. Remove from heat; stir in butter or margarine, parsley, salt, and pepper till butter melts. Makes about ¼ cup wine sauce.

Variations:

*Use red, rosé, or white wine.

**Use thyme, tarragon, or basil.

Additions:

- Add ½ cup sliced fresh mushrooms with the onion, *or*
- Stir in ¼ cup cherry tomato halves before serving. ■

Our soap has nothing to hide



This is what a bar of Neutrogena® looks like. Nothing fancy. No decorator shapes, swirls of color, room-enveloping perfume, or monograms. Just an unadorned bar of pure amber, so clear you actually can see through it.

But this soap can do more for your sensitive, dry, or touchy skin than the most elaborate cosmetic soaps on the market.

Why? Because Neutrogena is painstakingly formulated to be kind to sensitive skin.

Known irritants are screened out of our formula and its unique, mild, heavy-molecular structure is balanced to permit it to remove surface dirt and makeup *without* penetrating the skin's sub-layers and robbing them of oils and moisture. Unlike so-called "deep-pore" cleansers, it isn't made to de-fat the skin.

When you first try Neutrogena, you'll notice that it dissolves more easily than any soap you've ever used.

That's because it doesn't have hardening agents. And because its special formula makes it liquefy when it meets water so that it rinses off completely. This unique solubility is why we can promise that your face won't feel tight and dry after washing. When you wash with Neutrogena, there's no significant soap residue left on your skin. Your pH balance, then, returns to normal more quickly.

Dermatologists, allergists and plastic surgeons recommend our allergy-tested soap because it does one thing and does it well. It *cleans* your skin effectively, yet mildly, and without irritation, when used properly.

And in a number of medical cases, Neutrogena Soap has been used for cleansing where other soaps could not be tolerated.

What's more, Neutrogena is carefully tested, undergoing many of the tests done for prescription drugs. Its natural ingredients, like beef tallow and coconut oil, meet USDA Food Grade standards. Even astronauts aboard Skylab in outer space used Neutrogena because of its mild, non-irritating qualities. (Imagine an astronaut with a skin rash and you see how important a soap can be.)

Even if you're not an astronaut, whatever your skin condition, Neutrogena has a soap specifically formulated for you. For dry skin, Neutrogena Dry-Skin Soap. For normal sensitive skin, original Neutrogena Soap. For perfume-sensitive skin, Neutrogena Unscented Soap.

In an era when you have a right to be suspicious about the claims products make, our soap has nothing to hide. Try it. Your skin will have nothing to hide, either.



Vinyl floor care

With proper care, vinyl floors can look like new for years. Here's how to do right by yours.

CLEAN REGULARLY

Vinyl should be dust mopped, swept, or vacuumed daily to remove surface dirt. Otherwise, it will be ground in and dull the finish.

Wipe up spills before they become stains, and damp mop regularly with clear water or a mild solution of detergent and water, then rinse.

SCRUB THOROUGHLY

Occasionally, floors need a thorough scrubbing. (Most manufacturers suggest waiting three days before washing newly installed floors to allow the adhesive to dry.)

Spread a solution of detergent and water (diluted to manufacturer's instructions) on a small area. Let the solution stand a few minutes to allow the detergent to loosen the soil. Rub to remove dirt, and then sponge up the water with a mop. Rinse thoroughly and apply a thin coat of polish if the shine doesn't return.

A water-base polish can be used on all resilient floor coverings such as vinyl. This polish gives a shiny surface finish and forms a protective film that guards against wear.

Self-polishing, water-base finishes usually are emulsions or solutions. The tiny particles that produce the shine are wax and/or polymers such as acrylic or vinyl. They are suspended or dissolved in the water. When the polish is applied, the water evaporates, leaving the particles on the floor to form a hard, protective film that reflects light and provides shine.

Several types of self-polishing, water-base finishes are available. If your floor is a light color, choose either an acrylic polymer floor polish or one guaranteed not to yellow with age. Look for the word "transparent" on the label.

But if transparency is not an important consideration, you might choose a vinyl polymer polish, which holds up extremely well with regular care. If the polish is one that doesn't wash off with normal scrubbing, the label will probably recommend using a commercial wax stripper or ammonia solution to remove the old polish.

POLISH JUDICIOUSLY

When choosing a polish, consider the condition of your floor. If it is an older porous floor or has tiny scratches over the surface from wear, you'll need a viscous finish that will act as a sealer. Choose a polish that is not advertised as "self-stripping or cleaning."

The self-stripping kind removes the previous layer of polish as it leaves a thin layer of new polish. This makes it impossible to build up layers of protective finish.

For new vinyl floors with sculptured designs, the self-stripping polishes are ideal to avoid heavy buildups in the recesses.

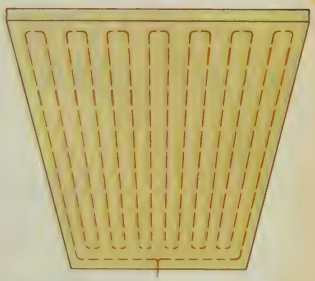
Solvent-base waxes (the type recommended for wood floors) can damage some resilient floors. However, if you prefer this type, try some in an inconspicuous area to see if it discolors or causes chalking. ■



"Can you imagine...a complete heating system hidden in the ceiling."

A NEW REMODELING ID IN ELECTRIC RADIANT HEATING





"We've planned on Panelectric in our new den. In our case, we'd have to blast through concrete to put in ductwork. But with Panelectric there is *no* ductwork. No pipes. No furnace. And I won't have to worry about some of my original oil paintings cracking because of constant hot air blasts."

"I also like a clean house and I'm a good homemaker. This ends soiled drapes and filmy deposits."

"And it's completely safe . . . even to the touch. That's particularly important to any mother."

"The best way to find out about Panelectric is check with a builder or remodeling contractor. He'll work with a Gold Bond representative to check for proper insulation, heat loss and other important considerations before installing Panelectric."

"Or write me, Mary Ann Mobley, for Free literature and how to get the Panelectric answers in your area."

Mary Ann Mobley talks about Gold Bond Panelectric:

"Without question, Panelectric is an amazing discovery. Your ceiling becomes your heating system. It's built right into fire-resistant gypsum panels. I think the best way to describe it is . . . it's like bathing under the sun. It just radiates a nice, even warmth to every corner of the room."

"Anyone who lives in an area where gas or oil has become a critical problem should really investigate Panelectric radiant heating. Not only could it be a sensible alternative, but it has so many advantages."





GOLD BOND PANELECTRIC

Mary Ann Mobley
c/o Gold Bond Building Products
2001 Rexford Road, Dept. PSB,
Charlotte, North Carolina 28211

Dear Mary Ann,
Please send me more information on Gold Bond Panelectric Radiant Heating Systems.

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Gold Bond Building Products

HOW TO UN-UGLY OLD UPHOLSTERY

It doesn't have to mean the end of the line for your sofa or chair when the original upholstery starts looking tacky. But it may pose a decorating dilemma. Should you slipcover, reupholster, or scrap the piece and start over? The verdict depends on your answers to several questions, such as: How much use does the furniture get; how good is its construction; how much can you afford to spend; and how much do you like the piece?

Ready-mades for quick cover-ups

Remember this about any slipcover: It does only that—simply covers existing upholstery. If springs are bad or padding is starting to come out, a slipcover may not be the answer.

However, if you're in a hurry or don't have much money to spend, ready-mades can get you out of a jam—*providing* you can find a color or pattern that fits your decorating scheme! (The selections, unfortunately, are quite limited.) Prices generally range from $16 to $30 for a chair cover, and most are made of a knit fabric.

Custom-made covers: worth the cost?

The big advantages of custom-made slipcovers over ready-mades are selection and fit. You have infinitely more freedom to choose the fabric you want, and you can get a perfect fit without being limited to knit goods. But be prepared to pay more for custom-made slipcovers. In fact, the tab for labor to cover a chair generally runs $30 to $50, and some shops will reupholster the same chair for very little more.

The price of your slipcover will depend largely on the quality and quantity of the fabric you choose. A chair usually requires about seven yards of fabric, and the fabric ranges in price from $4 to $16 a yard and up. A standard sofa usually requires between 11 and 19 yards of fabric.

Slipcovering vs. reupholstering

The main advantage of slipcovers over reupholstery is that covers can be removed and cleaned or washed. Also, if what you're after is an easy-to-accomplish face-lift for upholstered furniture, slipcovering gives you that. One disadvantage is that covers are usually made of lighter weight yard goods, so they are apt to wear faster.

Reupholstery gives you a new look for your furniture—permanently, or at least until that fabric wears out. One of the nicest things about reupholstering is that the repair work on the padding and springs is figured into the price of the redo. But prices vary more than the stock market does. Top shops can charge you as much as $100 for recovering a chair—and often there's a long wait for delivery. Less prestigious shops will charge around $55 and reupholster a piece in about a week (after the fabric has been delivered).

Most reupholstery fabrics have to be ordered, and prices range from $12 to $25 a yard and up. Sometimes it's possible to save money by buying your fabric from the shop where the work is being done.

Whatever route you decide to take, it is a good idea to shop around. As indicated, prices do vary from shop to shop, as does the quality of workmanship. Get recommendations from friends, and ask to see samples of finished work. ■

Insist on top quality in the carpeting you buy.



Right down to the bottom.

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Carpets made with Soft'n Tuff foam backing are easy to install, easy to seam, and easy to live with.

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GOODYEAR
CHEMICALS

Discover the delightful differences of our fresh rosé wines.

We make three California Rosé wines at The Christian Brothers Napa Valley winery. Each has its own pleasing flavor and individual character, but they share a light-hearted appeal, and the fresh taste and fragrance of premium wine grapes. Our Rosé wines are produced with the same devotion to style and quality that you find in all of the wines we offer from our cellars.



The Christian Brothers California Vin Rosé is a sunrise pink wine that is very dry and light-bodied. Its pleasing fruity taste makes it a good choice for light meals and it goes well with fish, meat or fowl.



Our California Napa Rosé has long been a favorite. It is a deep rose-pink wine, with a trace of natural grape sweetness that is best enjoyed chilled or over ice. It can be served with almost any meat or chicken dish.



La Salle Rosé is a new California addition to our family and has a taste that is fresh and bright, with a delicious fruity quality. We feel that it will delight and surprise you with its new character. Serve it well chilled anytime.



If you would like to know more about our wines, you may write to me.

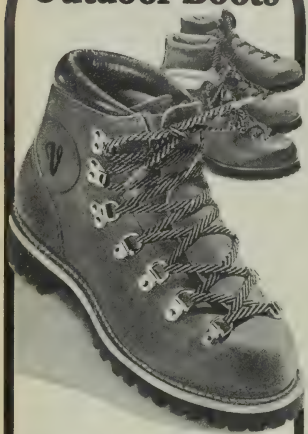
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Designed to Fit Women's Feet



If you have tried on outdoor boots, you have probably found that most aren't really fit for women's feet. They are simply cut down versions of men's sizes. So fitting becomes a compromise using socks and pads to make up the differences. Not so with Vasque. Vasque builds women's hiking boots over lasts shaped to the configuration of women's feet. Result? A more comfortable fit.

So, try on a pair of Vasque boots and feel the difference Vasque makes just for you in sizes 4-11, widths AAA, A, C and E*. Or send coupon for our brochure. *Not all sizes in all widths.

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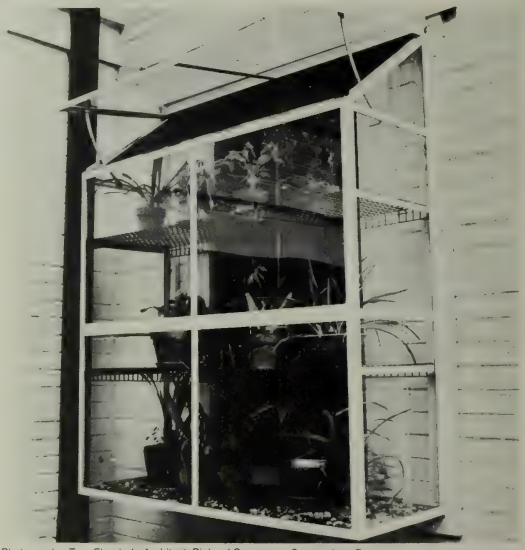
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A window greenhouse where you like it



Photographs: Tom Ebenhoh. Architect: Richard Cummings. Source: Lois Rea



When you've put plants in every possible place in your home, a window greenhouse can come to your rescue with lots more sunny space.

Greenhouses are available in a variety of shapes and sizes, so you should have little trouble finding one to fit any window in your house. The inside opening in this one is 28x56 inches. Outside, the window is 16 inches deep and 48 inches wide. The top is screened and can be opened for ventilation.

When you're selecting a location for your window greenhouse, don't overlook practical considerations, such as the height of the window. The lower the window, the easier the plants will be to reach. Make sure a source of water is nearby, too. This greenhouse is ideally situated; the plants can be soaked in the sink and misted with the spray-nozzle attachment. The spray nozzle is handy for weekly watering, too. And the counter top provides lots of space for pruning and repotting.

Also, this window faces south, great for starting new cuttings and keeping specially prized varieties until they're ready for display in other rooms. An occasional sojourn in a spot with southern exposure also helps those plants that aren't getting quite enough light. The tin tray on the bottom shelf holds pebbles that help retain moisture for humidity-loving tropical plants. ■

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The JCPenney Catalog.



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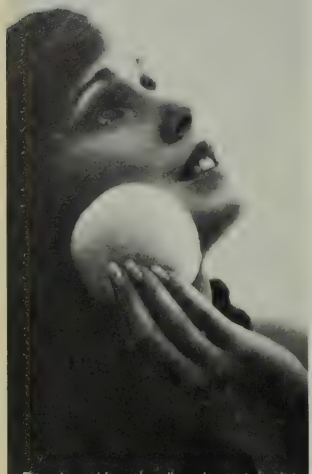
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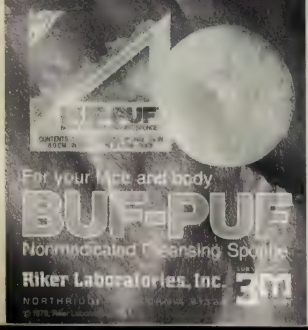
How to reveal younger-looking skin.



Developed by a leading dermatologist, BUF-PUF is a unique nonmedicated cleansing sponge that gently buffs away dirt and dead skin cells as you wash. This mild buffing is called epidermabrasion. It reveals the fresher, moister, more translucent skin layer underneath. So even the cloudiest complexion takes on a new brightness.

BUF-PUF gives your skin a fresh, tingly, alive feeling and a vibrant glow. With BUF-PUF your skin looks and feels softer and smoother ... is nicer to touch.

Available in pharmacies and other stores where health and beauty aids are sold.



Updating without upheaval

Kitchen redos can be traumatic, but not this one. The homeowners were able to give their 25-year-old kitchen a light, contemporary look simply by changing the surfaces and adding new light fixtures.



▲ Before the face-lift, the kitchen was 1950s pink: pink floor, pink counters—even a pink refrigerator. The cabinets were glazed red and the flooring was vinyl with a Spanish motif.

Carol Goldman wanted her kitchen to have the light, monochromatic look of the 1970s. She chose a beige and white scheme so the pink counters would blend in without a major resurfacing. The red cabinets were sanded down, then painted with several coats of white to make them look brand-new. The fronts were customized with beige bamboo molding and Lucite hardware.

Walls and ceiling were handsomely "gift wrapped" in a beige and white patterned wallpaper. New track lighting and sleek beige tiles with a white feature strip completed the redo.



▲ Updated surfaces continue into the tiny breakfast area, which now seems much more spacious due to the light colors. A glass and chrome table seats four without crowding. Bamboo shades and chairs give a garden look. ■



Just Married

Smooth, rich Amaretto. Fine, aged Cognac.
The soul of Italy and the heart of France have come together at last.

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"Simply heavenly."

Fresh 'n Fruity™
Taste Original Style Yogurt
with nothing artificial.

FOOD

Shortcut deep-dish pizza

Here's a quick homemade version of thick-crusted Sicilian pizza. Start with frozen bread dough and add any one of these Italian toppers.



Photograph: Dieter

SHORTCUT DEEP-DISH PIZZA

1 16-ounce loaf frozen bread dough, thawed
1 cup shredded mozzarella cheese (4 ounces)
1 recipe Mushroom, *or* Onion, *or* Tomato Topper
½ cup grated parmesan cheese

Let dough rise according to package directions. Punch dough down. Cover; let rest 5 minutes. On floured surface roll dough to a 14-inch circle. Let rest 5 minutes. Place in a greased 12-inch skillet with ovenproof handle, pushing dough 1 inch up side. Prick bottom and sides. Bake in 400° oven for 15 minutes or till lightly browned. Remove from oven. Sprinkle with mozzarella. Top with choice of toppers. Sprinkle with parmesan. Bake in 400° oven for 15 minutes more. Serves 6.

To make Mushroom Topper: Cook 12 ounces sliced *fresh mushrooms* (6 cups) and 1 clove *garlic,* minced, in 2 tablespoons *olive oil* about 3 minutes, stirring often. Stir in ¼ cup snipped *parsley* and 1½ teaspoons *salt.*

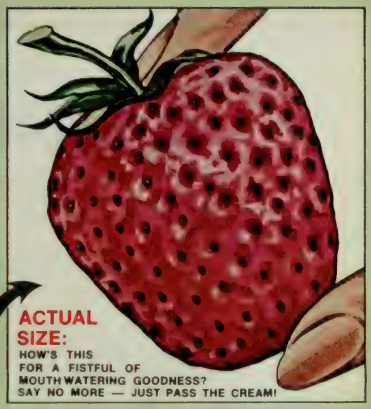
To make Onion Topper: Cook 2 cups chopped *onion,* in 2 tablespoons *olive oil* till just tender. Stir in 1½ teaspoons *salt,* ⅛ teaspoon *freshly ground pepper,* and 1 teaspoon *rosemary,* crushed.

To make Tomato Topper: Top pizza with 4 medium *tomatoes,* peeled, finely chopped, and drained. Drizzle with 1 tablespoon *olive oil;* sprinkle with 1 teaspoon dried *oregano,* crushed. ■

It's a Skyrocketing Pillar of Fruit!

NOW! GIANT MAN-HIGH STRAWBERRIES

AS BIG AS PLUMS (just like this) ...IN JUST 60 DAYS!



ACTUAL SIZE:
HOW'S THIS FOR A FISTFUL OF MOUTHWATERING GOODNESS? SAY NO MORE — JUST PASS THE CREAM!





GUARANTEE
'SUGAR-TOWER' man-high strawberries are guaranteed to reward you with luscious fruit starting in just 60 days — with berries so big you eat them with a soup spoon — or money refunded (except postage & handling) anytime within the next 6 months!

'Sugar Tower' — A.C.I. trade name for Fragaria Cultivar, Ft. Laramie.

Developed by U.S. Plant Scientists . . . spectacular super grower soars forth to a man-high column of fruit — loaded top to bottom with clusters of huge sugar-sweet berries — the size of luscious plums — **all starting in just 60 days!**

GROWS SO FAST — SO TALL — SO HEAVILY CLUSTERED WITH GIANT BERRIES FROM TOP TO BOTTOM!

From a patch of earth no bigger than an outspread handkerchief, you get Heaping Bowlfuls of giant strawberries!

Here it is! The garden sensation of the 70's. The Champ himself . . . 'SUGAR-TOWER' . . . the all-time biggest, easiest-to-train man-high strawberry you or your friends have ever seen in your lives.

Think of it! Super-soaring MAN-HIGH wonderplants that you'll actually grow in giant cluster-packed pillars of fruit . . . loaded top to bottom with masses of strawberries . . . huge, meaty berries SO INCREDIBLY BIG, you actually eat them like hand-fruit. That's right, just like sugar-sweet plums! And that's only the beginning!

BERRIES SO HUGE YOU CAN'T PUT MORE THAN ONE IN YOUR MOUTH AT A TIME!

So big are these 'SUGAR-TOWER' berries — so breath-takingly enormous — and so heavily clustered right up the entire plant — you actually have to tie the plants to your walls, trellis or fence to support the overwhelming weight of the plant and the fruit!

And if that isn't startling enough — just wait 'till you see your neighbors gasp in amazement as these 'SUGAR TOWER' berries decorate your grounds with huge berry-packed towers of fruit . . . SO FAST . . . in virtually no time at all you'll reach out of your dining room window and pick dessert right off the vine from these magnificent man-high wonder plants!

And that's still only a mere hint of the wonders that await you, when you are among the first in your neighborhood to grow these sensational GIANT man-high STRAWBERRIES.

ZOOMS FROM CHILD-SIZE TO MAN-SIZE IN JUST WEEKS!

Because, when in your life did you ever hear of strawberries so eager to grow . . . they'll actually drape your walls, trellises, fences in cascading fountains of fruit . . . each man-high beauty a festival of strawberries from top to bottom from just a 2 foot wide patch of earth . . . and all starting in just 2 months time! And remember, not just ordinary, puny berries . . . but sugar-packed giants:

- SO BIG and juicy, you eat them like hand-fruit.
- SO HUGE and meaty, just 3 sliced-up berries top a cereal bowl!
- SO FAST-growing you'll see it surge into a man-high "berry factory" this very season, starting in Just 60 Days!

AND THEY MULTIPLY — SO YOU GET TWICE AS MANY MAN-HIGH BEAUTIES EACH AND EVERY YEAR!

— AND REMEMBER — because 'SUGAR TOWER is a self-multiplying perennial, for every berry-laden man-high vine you get this year, you'll get twice as many GIANTS next year . . . and new plants for years to come. Meaning: HUNDREDS UPON HUNDREDS OF BERRIES year-after-year!

THINK OF IT! YOU PLANT THIS SPRING — PICK BERRIES BY THE BASKET STARTING IN JUST 55 TO 60 DAYS!

And remember — because they're winter-hardy (to −30°F) they're one of the sturdiest, easy-to-grow strawberries imaginable. Simply plant them next to fence, trellis, wall or even a pole . . . follow the easy instructions . . . tie for support . . . and be thrilled by the most incredible parade of fruit, flowers, and foliage. There's just nothing else as spectacular in all of nature.

ACT NOW! THE SOONER YOU PLANT THEM, THE SOONER YOU'LL ENJOY THESE PLUM-SIZE BERRIES!

Here's the best news of all — the amazing price of these wondrous MAN-HIGH 'SUGAR TOWER' Strawberries. Not the $1.00 per plant you might expect for such a remarkable super-bearer . . . but less than 50¢ apiece for thickly-rooted nursery-grown plants . . . and each one all set to grow high as a man and bear fruit starting in just 60 days.

But one word of caution — with an incredible berry like this, demand is bound to be overwhelming. To avoid disappointment act now!

ANOTHER EXTRA BONUS AT NO EXTRA COST!

All 'SUGAR-TOWER' Strawberry Plants are separately grown for shipment east and west of the Rocky Mountains.

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Caroline Road, Philadelphia, PA 19176

Yes, I want to grow MAN-HIGH STRAWBERRIES, with fruit the size of plums. So please rush me the number of 'SUGAR-TOWER' Strawberry plants I have checked below.

- ☐ 6 'SUGAR-TOWER' plants . . . . $2.98 plus 35¢ postage & handling.
- ☐ 12 'SUGAR-TOWER' plants . . . . $4.98 plus 50¢ postage & handling.
- ☐ 18 'SUGAR-TOWER' plants . . . $6.98 plus 75¢ postage & handling.
- ☐ 24 'SUGAR-TOWER' plants . . . . $8.98 plus $1 postage & handling.

SATISFACTION GUARANTEED WITHIN 6 MONTHS OR MONEY REFUNDED (except postage & handling).
Total amount enclosed $_____ PA residents add 6% sales tax. Check or money order, no COD's please.
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Credit Card # _____
Name _____
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6059-125

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THE FINE ART OF DISPLAYING ART

FACTS ABOUT FRAMING

How you frame your art affects not only how it looks, but how long it lasts as well. Even though you may select frames for aesthetic reasons, their major function is to protect your art. Here are some guidelines to keep in mind whether you do the framing job yourself or turn it over to a professional.

What are you framing?

Is the piece you want to frame fine art—a costly or potentially valuable watercolor, gouache, pastel, etching or lithograph? If so, the job should be handled by a custom framer, unless you are very experienced.

If you do decide to tackle the task, never mount (permanently attach) an original print, drawing, or watercolor on a backing board; that would decrease the value of the art. The only exception is a piece that is so badly damaged that its intrinsic value has already been diminished, and mounting is all that will hold it together.

The more room fine art has to "breathe," the better. If it is stretched down tightly, dry weather will make the paper taut and it might tear. Attach the art to the backing board at the top with two small hinges of linen or rice paper.

If you prize a print, don't trim it down to fit a frame. Cutting off the signature or the plate mark will markedly reduce the value of the print. Even if it's a small picture printed on a large sheet of paper, you will be defacing it if you cut part of it away.

Even the wrong type of adhesive or mat board can destroy a valuable print. Use only 100-percent acid-free rag board for both backing and matting. The acid content of regular cardboard matting will literally poison the print. Eventually dull rusty splotches called "foxing" will be scattered over the surface. Cellophane or household tape can also stain a print beyond restoration. Use only wheat, rice, or starch paste to attach the tiny hinges.

Improper framing also can damage an oil painting. However, most original oils are sold already framed.

Do your homework

Before you decide how to frame a picture, do as much research as you can. Check your library for books on the subject. Some are written from the aesthetic viewpoint, with illustrations of effective ways to frame. Some are for the do-it-yourselfer, with step-by-step diagrams and instructions.

Visit museums and art galleries to see what the experts consider the best frames for different types of art.

Check on adult education and art center framing classes. In these courses you not only will learn various techniques, you also will have a chance to use the framing tools.

Choice of methods

Custom framing is the easiest option, but also the costliest. Here's some information to help you choose.

Custom framing. It takes a special blend of craftsmanship and creativity to see and bring out the best in a piece of art. It also takes a lot of time, skill, and patience. These are what you pay for when you take your art to a professional framer.

A professional frame shop probably will have a larger selection of frames, matting, and materials than you will find anywhere else. Your frame will be made to the desired measurements and your matting cut by hand to fit. Frame corners will be glued, nailed, and hand finished, and mitered corners will be sealed.

Select your framer with care. Ask other collectors for recommendations. A good framer will be well-known in art circles for his quality workmanship.

Making your own frame. If you have steady hands and lots of patience, you can make a handsome frame in your workshop. Molding is available at lumberyards and art supply stores, and from some custom-framing establishments. Acrylic framing materials are sold in craft and plastic stores.

You will need tools and materials, ranging from a miter box to assorted brads and finishing nails. Many of these items are somewhat expensive, but you will be wise to invest in some good tools if you are planning to do a lot of framing.

Don't start your framing project with a large or valuable piece of art. Practice on something that's small and easily replaceable.

Tools and tips for rent. In recent years do-it-yourself frame shops have sprung up around the country. Essentially, you buy materials and the use of tools and work space from these establishments. Experts from the shop's staff are also available to give technical help and advice.

Ready-made frames. Frames such as the ones you will find in variety stores are a boon to amateur photographers and sketch-pad artists. They are entirely adequate for many purposes and cost much less than any other type of framing.

A ready-made frame comes complete with glass, stapled fitting devices, backing, and hanger. All you have to do is pry up the brads in back, insert your picture, and press the brads back in place. Some ready-mades have backing that slides out of channels in the frame to make the job even easier.

Check these frames carefully. The lowest priced ones are often cheaply made and held together by single nails or staples. More expensive ones are carefully made and finished.

Your choice in ready-made frames will be limited to about a dozen standard sizes, ranging from 5x7 inches to 24x30 inches.

The most popular of the ready-mades, the "diploma frame," is a narrow black molding of wood, synthetic wood, or plastic. You will also find deeper, wider frames, suitable for traditional paintings.

continued

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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GENERAL ELECTRIC

continued

Displaying art

Inexpensive "fast frames" consist of four small clamp-on corners or strips for the top and bottom of the picture. Little plastic clips hold glass and backing board together. These frames are for temporary hanging only, as they provide no real protection from dirt.

Section frames. These are a variation of the ready-mades. Two equal sides are packaged as a unit with hardware for joining the corners. The sections are available in lengths from eight to 50 inches. You mix the various parts to build a frame. Glass, backing, and matting are purchased separately.

Antique frames. This category also includes secondhand frames not old enough to be antiques. Used or antique frames are fine if they are in good condition, if they fit your art, and if they are reasonably priced.

However, if you ask a custom framer to use an old frame, you will not save money. Fitting art to an old frame is time-consuming, and the frame may need repairing, touching up, or cleaning.

Framing novelty items. Some of your treasures may not be fine art, but if they are decorative, they are worth framing and displaying. Anything from needlepoint and stitchery to plates, fans, and political campaign buttons can be framed.

Some posters also are in the novelty art classification. Of course, if you have a rare or antique poster, you will want to treat it as you would any other fine print.

A $5 reproduction poster, however, can be simply mounted on a foam board and then wrapped in plastic. Heat from a hair-dryer type of device is used to shrink the plastic.

If you don't want plastic wrap, you can front the backing with a sheet of Plexiglas and hold the whole thing together with Swiss clips from the art store.

Needlework, crewel, batik, embroidery, and quilt blocks should be stretched over heavy board or wood stretcher bars to hold them "in square."

Three-dimensional objects, such as antique toys or plates, look best when placed in an object box or shadow box type of frame.

continued

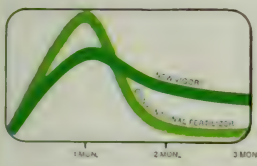
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continued

Displaying art

Prices

Prices for custom framing, like prices for original art, are not standardized. You are paying for expertise as well as for materials. The price may range from $15 to $100 for the same picture. You can go as high as $500 for very special and elaborate custom framing.

Usually, though not always, the framer with the best reputation can command the highest price.

Basically, the cost of custom framing is determined by the size and type of molding, the ornateness of the frame, and the type of mounting board, matting, and glass. If there are extra or unusual fitting problems, or if you are in a hurry, these factors may add to the cost.

Don't be surprised if your $50 print costs $50 to frame.

We comparison shopped for a simple frame for an 11x14-inch picture. If, for example, you purchase wood molding at a lumberyard to make your own frame and buy glass, matting, and glue, your 11x14-inch picture frame will cost you around $15. Any tools you buy, of course, will add to the cost.

At a do-it-yourself shop, where you buy materials, and use the shop's tools and assistance, it will cost around $30 for the same size and type of frame.

At a custom shop, it will cost you around $55 to $60 to have the same picture framed, but the work will all be done for you.

Variety store frames of the simple diploma type in 11x14-inch size are less than $2 for a synthetic wood or plastic model. The same size in wood is in the $4 to $5 range.

Better ready-mades cost about $10, and the materials for section framing for an 11x14-inch picture are about the same. Plastic box frames that offer a sleek, modern look and are solidly made also cost around $10.

Special materials

Non-reflective glass will cost about $10 for a 20x20-inch sheet, as compared to around $6 for regular glass.

While this special glass is glare-free, it does tend to distort colors, deaden-

continued on page 204



The new gas dryers can cut your energy bills by as much as 120 loads of clothes every year.*

They're up to 30% more efficient than models offered just 5 years ago.

Rising utility bills is one of the best reasons you should check out today's new, energy efficient gas clothes dryers.

Improvements such as pilotless ignition, automatic shut-off and special drying cycles for all the new fabrics have increased the efficiency of gas dryers, saving you money and our nation's precious energy resources.

*Based on the national average that a family dries over 400 loads of clothes every year.



Compared to electricity, gas dries 3 loads to 1.*

Since gas is a direct energy source, it will dry three loads of clothes with the same primary energy it takes to dry one load electrically.

Next to sunshine, gas is still the best energy for drying clothes and, with energy bills going higher, a new gas dryer is a better choice today than ever before.

*Comparisons of gas to electricity are based on widely-accepted studies from both industry and government sources.

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any 13



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288589★ SANTANA INNER SECRETS

274516★ GLEN CAMPBELL SOUTHERN NIGHTS

287268★ Sesame Street Fever VARIOUS ARTISTS

The Best Of The Band THE WEIGHT

280480★ JOE STAMPLEY RED WINE AND BLUE MEMORIES

283788 Bernstein Conducts Brahms Variations on a Theme by Haydn

231084 CHARLIE RICH Behind Closed Doors

280735★ DAN HILL LONGER FUSE

287111★ Billy "Crash" Craddock THE FIRST TIME

277491★ BILLY JOEL THE STRANGER

287730★ TAMMY WYNETTE Greatest Hits

246868 JIM CROCE PHOTOGRAPHS & MEMORIES HIS GREATEST HITS

249813 BURT BACHARACH'S GREATEST HITS

287276★ GEORGE JONES Bartender's Blues

270132★ BOB SEGER & THE SILVER BULLET BAND NIGHT MOVES

285320★ CONWAY TWITTY & LORETTA LYNN DYNAMIC DUO

280669★ EDDIE MONEY

288563★ JOHNNY CASH GREATEST HITS

LOU RAWLS WHEN YOU HEAR LOU YOU'VE HEARD IT ALL

263727★ THE KENDALLS Old Fashioned Love

240382 PAUL SIMON • IN CONCERT LIVE RHYMIN'

270553★ KANSAS LEFTOVERTURE

MAC DAVIS FANTASY

TANYA TUCKER Here's Some Love

HEATWAVE CENTRAL HEATING

MANTOVANI THE GREATEST GIFT IS LOVE

LYNN ANDERSON From The Inside

280183★ BOZ SCAGGS SLOW DANCER

288597★ JIM CROCE'S GREATEST CHARACTER SONGS BAD BAD LEROY BROWN

285122★ ANNE MURRAY LET'S KEEP IT THAT WAY

288837★ BAY CITY ROLLERS Strangers In The Wind

285486★ BURTON CUMMINGS DREAM OF A CHILD

284564★ RITA COOLIDGE LOVE ME AGAIN

187088 BARBRA STREISAND'S GREATEST HITS

285957★ ROBIN TROWER Caravan To Midnight

270470★ Climax Blues Band Gold Plated

275818★ Melissa Manchester SINGIN'

284638 HELEN REDDY WE'LL SING IN THE SUNSHINE

284049★ STEVE MILLER BAND FLY LIKE AN EAGLE

286295★ A CHORUS LINE Original Cast Recording

281568 JOHNNY MATHIS YOU LIGHT UP MY LIFE

272195 JETHRO TULL Songs From The Wood

BOBBY VINTON Autumn Memories

287749 Engelbert Humperdinck LAST OF THE ROMANTICS

283168★ Charlie McCoy's Greatest Hits

CARPENTERS The Singles 1969-1973

280065 AEROSMITH DRAW THE LINE

280651★ CHERRY LINDY DEBBY LAURY THE BOONE GIRLS

267402 GLEN CAMPBELL RHINESTONE COWBOY

281543★ GRAND FUNK RAILROAD Good Singin', Good Playin

278648 Captain & Tennille's Greatest Hits

279315★ GEORGE JONES TAMMY WYNETTE Greatest Hits

276923 Roger Williams Evergreen

287961★ PAUL STANLEY Hold Me, Touch Me

281097★ CAT STEVENS CAT'S CRADLE

252445★ THE LETTERMEN All Time Greatest Hits

88464★ CHARLIE RICH CLASSIC RICH

280459★ JOURNEY INFINITY

282179★ HERB ALPERT & THE TIJUANA BRASS Greatest Hits Vol. II

284315★ K.C. & THE SUNSHINE BAND WHO DO YA (LOVE)

MEAT LOAF BAT OUT OF HELL

284562★ QUINCY JONES SOUNDS AND STUFF LIKE THAT!

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283135★ MERLE HAGGARD & THE STRANGERS ELEVEN WINNERS

215061★ THE BEST OF ROGER MILLER Little Green Apples

265496★ Electric Light Orch. OLE-ELO

285304★ Tammy Wynette WOMANHOOD

283689 HEAVY HORSES JETHRO TULL

288449★ DAVID ALAN COE GREATEST HITS

279299 NEIL DIAMOND I'M GLAD YOU'RE HERE WITH ME TONIGHT

287797★ DAN HILL FROZEN IN THE NIGHT

259689 ART GARFUNKEL BREAKAWAY

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273417 RAY CONNIFF After The Lovin'

279281 Paul Simon Greatest Hits, Etc

252940★ LINDA RONSTADT Heart Like A Wheel

259630† ARTHUR FIEDLER & THE BOSTON POPS PLAY NEIL DIAMOND SONGBOOK

284158★ LAURA NYRO NESTED

288753† VARIOUS ARTISTS COLLECTOR'S RECORDS OF THE 50'S AND 60'S

288571 DIANA ROSS "ROSS"

288613★ 10 CC Bloody Tourists

260737 HELEN REDDY'S GREATEST HITS

279430 BOZ SCAGGS Down Two, Then Left

285742★ JOHNNY RODRIGUEZ LOVE ME WITH ALL YOUR HEART

257006★ THE LETTERMEN Make A Time For Lovin'

283499★ JANIE FRICKE Singer Of Songs

288555★ JOHNNY PAYCHECK GREATEST HITS

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HOW THE CLUB OPERATES

To receive the 13 records or tapes *you* want now, just mail the application together with check or money order for $1.86 (that's 1¢ for your 13 selections, plus $1.85 for shipping and handling).

Every four weeks (13 times a year) you'll receive the Club's music magazine, which describes the Selection of the Month for each musical interest...plus hundreds of alternates from every field of music. In addition, up to six times a year you may receive offers of Special Selections, usually at a discount off regular Club prices, for a total of 19 buying opportunities.

If you wish to receive the Selection of the Month or the Special Selection, you need do nothing—it will be shipped automatically. If you prefer an alternate selection, or none at all, simply fill in the response card always provided and mail it by the date specified.

You will always have at least 10 days in which to make your decision. If you ever receive any Selection without having had 10 days in which to decide, you may return it at our expense, for full credit.

You'll also have an opportunity to examine the Club's comprehensive annual—"The Year In Music"—filled with stories and photographs of the year's top stars and events. When it's ready, we'll ship it automatically, and you can read it and live with it for 15 days' FREE examination—with *no* obligation to buy.

The tapes and records you order will be mailed and billed at regular Club prices, which currently are $7.98 or $8.98—plus shipping and handling. (Multiple unit sets and Double Selections may be somewhat higher.)

After completing your enrollment agreement (by buying 9 selections within 3 years), you may cancel membership at any time. If you decide to continue, you'll be eligible for our money-saving bonus plan.

What's more, if you are not satisfied for any reason, just return your introductory shipment within 10 days for a prompt and full refund. Your membership will be cancelled and you will owe nothing. So you risk absolutely nothing by acting now!

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Terre Haute, Indiana 47811

If the application is missing, please write to Columbia Record & Tape Club, Dept. 76H/GB, Terre Haute, Indiana 47811

920-579 †Available on records and 8-track tapes only

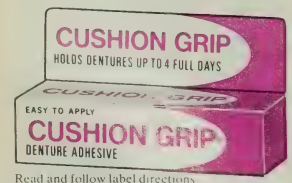
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If one application of Cushion Grip doesn't hold dentures securely up to 4 days—return unused portion to Plough, Inc., Memphis, TN 38151 and get double your money back.

A quality product of Plough, Inc.

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continued from page 198

Displaying art

ing blacks and whites, and may make an original piece of art, particularly a watercolor or old etching or engraving, look like a reproduction.

Plexiglas is as costly as non-reflective glass, but it is light in weight, which is an asset if you are framing a large picture. It won't break as easily and you can drill holes in it.

However, Plexiglas does scratch easily. It should not be used over pastel chalk or charcoal drawings, as it generates static electricity that will attract the chalk or charcoal dust.

Backing and mat boards also come in different price ranges, with 100-percent rag board costing around $6 to $7 for a 32x40-inch sheet, as compared to $2 to $3 for the same size of plain cardboard matting.

Tips on framing

Frames. Original watercolors and prints, as a rule, are framed simply, with shallow, narrow frames and with glass and soft off-white mats.

Sometimes a picture is "floated," attached at the top corners and left hanging free, with no mat to enclose it. Even if a mat is used, it clears the edges so they show.

Traditional oils usually have heavier frames, sometimes in a style that matches the period of the painting. Mats and glass are not used. However, a liner in the form of a narrow fabric-covered insert is used to separate the frame from the painting.

Modern oils and acrylics often are unframed, with the canvas wrapped around the edges of the stretcher. A strip frame may cover the edges.

An unframed canvas draws attention to the pure shape and size of the painting field, as well as to the image on it.

When framing a reproduction, treat it as you would the original. If the original was an oil painting, mount the reproduction and frame it without glass. If the original was a watercolor, frame it with glass.

Mounting. While fine art is never solidly mounted, many other items must be attached tightly to a backing board. They may be dry mounted, wet mounted, or attached with adhesive.

Wet mounting is difficult to do and usually is reserved for damaged, bent, or crumpled art. The process involves wetting the art object and stretching it to its fullest extent, then letting it dry and shrink.

Dry mounting is done with a special paper (a dry mounting tissue) that is coated with plastic adhesive. The coated paper is placed between picture and mount board and heat is applied, either with a dry mounting press or with an iron. The picture will be bonded firmly to the backing. This method is used for mounting photographs, reproductions of prints, greeting cards, posters, certificates and documents to keep them flat, and to prevent corners from curling.

Adhesive mounting does the same job as dry mounting without a special press or heat. All-purpose glue and animal glues are best.

Matting. The function of the mat is to prevent fine paper art from touching the glass.

Condensation inside the glass will harm the print if it touches it. Glass also can burnish some art surfaces, destroying colors irreparably. In other cases, the glass and the print can become inseparably fused.

If you are "floating" a picture, be sure to use fillets (little wedges of extra thick mat board) as spacers to keep the art and glass apart.

Rag board matting comes only in white and off-white. If you want a colored mat for your original art, other paper or fabric can be adhered to the rag board mat. The colored matting, however, must not overlap the safety mat or touch the print.

There once were exact rules about the proportions of mats. They were supposed to be from three to five inches in width and wider at the bottom than at the top. When pictures were hung high on the wall and viewed at an angle, this extra bottom width may have been needed to make the art work appear centered. Now most pictures are hung at eye level, and the larger bottom margin is not needed.

Glass. The main function of the glass is to protect art from the damaging effects of dirt, grease, moths, and other natural enemies.

Glass is needed on all art you want to preserve, except oils that are protected by varnish or photographs that are coated with spray lacquer. ■



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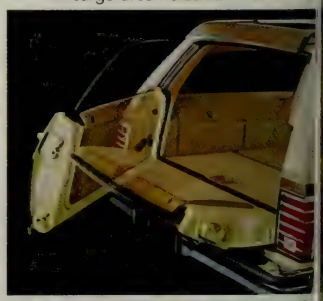
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GREAT WEEKEND VACATIONS *With Kids*







As anyone who has traveled with children knows, a vacation with the kids can be a marvelous time of shared pleasure—or it can be a disaster brought on by conflicting interests, boredom, and crankiness. A couple of suggestions may make all the difference: 1. Shorter, more frequent vacations are often better than one long trip. 2. The destination and activities should be carefully selected to *really* engage both youngsters and parents.

With these points in mind, we offer a half-dozen themed mini-vacations for you to choose from. The trips are enriching as well as enjoyable—in fact, they might even stimulate your youngsters' interest in schoolwork. One thing is sure—you'll all have fun.



Of course, there's no reason to restrict these vacations to a weekend if you can spare more time. All our outings could easily be stretched or compressed.

What if none of our excursions quite fits your family? Then custom-tailor a vacation that does. For instance, consider a space-age weekend at Florida's Kennedy Space Center. Or, if your youngster is a budding musician, you might plan a performing arts vacation, including a jazz concert, the ballet, and symphony. For the sports-minded, what could beat a major league game combined with a Hall of Fame visit? If you're city dwellers, a ranch weekend might be a refreshing change of pace. Once you stop to think about family mini-vacations, the possibilities are practically endless.

continued

HISTORY: A LIVELY WEEKEND IN OLD VIRGINIA

Book learning is one thing and experience quite another, which is why even the most imaginative teacher can't give your children a true sense of America's colonial past. But in Williamsburg, Old Virginia's capital and our nation's most elaborate restoration, history comes close to reality, and you're instantly immersed in life of two centuries ago.

Burghers in 18th-century costumes stroll the streets; the clip-clop of carriage horses echoes from Georgian brick; ladies in authentic grandmother dresses tend vegetable gardens; the air is sweet with the scents of flowers and freshly baked cookies. Many of the people who work in Williamsburg actually live there with their families in charming cottages that line tranquil lanes. In fact, you can stay overnight in the Restoration, dine at one of the fine old taverns, perhaps enjoy a candlelight concert, and sleep at the Williamsburg Lodge, Williamsburg Inn, The Motor House—or even one of the cozy period homes that let rooms to guests.



Photograph: George Bush

A good beginning

Start your visit at the Information Center, where you'll see a half-hour movie that will help you relate the exciting events of the American Revolution to the landmarks you are about to see: the Capitol, for instance, where the Virginia Resolution for Independence was issued in 1776 amid a torrent of fiery speeches; the Powder Magazine, from which the worried British absconded with the powder one night; Duke of Gloucester Street, where the angry colonists gathered in protest.

Escorted tours are available but not necessary. Your best bet is to buy a guidebook and enjoy Williamsburg at your own speed. Here's what most children like best:

- The stocks at the Public Gaol, where kids can pretend to be prisoners at the mercy of the British.
- The Windmill, where children can climb to the chamber where huge stones grind corn into meal.
- The Music Teacher's Shop, where old instruments are displayed and played.
- The Muster of the Militia on the village green behind the 1770 Courthouse, a rousing musketry event climaxed by the firing of the ceremonial cannon.
- The Parade, with fifers and drummers in their tricorn hats marching through the town.
- The carriage and wagon rides (reservations required), and for small children, short trips on an oxcart.

Of course, there are many craft shops and old-fashioned stores—a wigmaker, the apothecary, the milliner, the blacksmith and gunsmith, spinners and weavers, the harness and saddlemaker, the post office.

Many children also enjoy the guided tour of the elegant Governor's Palace.

In the summer, there are two special events for children: the twice-daily "Tricorn Hat Tour," which explains the sights in terms that seven- to 12-year-olds understand, and the outstanding Craftsman Apprentice program (again a.m. and p.m.), that teaches the rudiments of several crafts. If you plan to visit before summer, time your stay according to your interests. March 13 to October 12, the fife and drum parades are held on Saturday at noon, the musters and cannon firing on Tuesday and Thursday afternoons. Find out about specific dates of evening candlelight tours of the Capitol and Bruton Parish Church, and candlelight concerts (starting in April). In any case, allow at least two days for Williamsburg, plus another day or two for other worthwhile attractions in Virginia's "Historic Triangle."

More to do, too

Jamestown, seven miles south of Williamsburg, takes you all the way back to May 13, 1607, when the first permanent English settlement in the New World was established. Jamestown Festival Park not only features an excellent museum, but full-scale replicas of the original stockaded enclave and of three sailing ships like those that brought the colonists across the sea. You can board the ships—a must for your youngsters.

Yorktown, 15 miles from Williamsburg in the other (Newport News) direction, is where General Cornwallis surrendered to George Washington, ending the Revolutionary War. Many of the original fortifications have been excavated, and the cannons restored.

To top off the weekend, visit nearby "The Old Country" Busch Gardens, one of the very best of the theme parks, with shows and numerous thrill rides, including the new double overhead-loop "Loch Ness Monster." The park opens weekends in late March, then goes daily in late May.

Williamsburg admission is $8 for one day; $12 for two days; $15 for three; children six to 12 half price. Concerts, carriage rides, wagon rides, tours, and Craftsman Apprentice sessions cost extra. Accommodations range from $40 to $65 for a double. For information and rates, write Colonial Williamsburg, Box B, Williamsburg, Virginia 23185. Or call toll free, 800/446-8956; in Virginia 800/582-8976.

Jamestown Festival Park (9 a.m. to 5 p.m. daily all year) charges $1.50; 7 to 12, 75 cents. For information, Jamestown Foundation, Box JF, Williamsburg, Virginia 23185. For "The Old Country" Busch Gardens details (admission $9 over age two) write Box FC, Williamsburg, Virginia 23185.

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NATURE: SNOWY ADVENTURES IN THE GREEN MOUNTAINS



The most magical time in the backwoods is when the wintry world is silent except for the crunch of fresh snow underfoot. With sounds muffled by snow, and scents dispelled by the crisp air, you can peer deep into the leafless forest and see deer foraging. Even as you approach, most wildlife won't scamper off, as it does in summer, but retreats proudly, dusting flakes from the low branches. Winter's birds also are less likely to spook; they'll twitter at you from their perches.

On Vermont's lovely ski touring trails through the Green Mountains, you and your youngsters can enjoy all the thrills and splendors of a winter nature expedition. Furthermore, you can skip the risks and rigors commonly associated with such an adventure. For three days, experienced guides take you on cross-country skis along tranquil trails, leading your group from country inn to country inn. You dine and sleep at these cozy hostelries, then continue your trek the next morning. Your luggage is always transported ahead of you, so there's no need to carry cumbersome packs. You don't even have to bother with trail rations. Lunch is furnished en route (with warming wine for grown-ups, if you like), and you picnic in the snow.

Perfect for teen-agers

Anyone of good stamina can come along on this unique trip. No special skills are required—a couple of hours' practice on lightweight skis is more than enough to teach you the easy gliding rhythm. It's probably not advisable to take children much under 12; however, this makes a magnificent vacation for families that include active adolescents. The average distance covered each day is about ten to 15 miles, and you spend around five hours on the trail. It's all gentle ups and downs along the way, with the ups just high enough to afford glorious views of Vermont's hills. Stops are frequent, not so much to catch your breath as to listen to the silence, hear a brook tinkling softly under its sheath of ice, marvel at the sculpture of a frozen waterfall, have your guide explain animal tracks and the fate of the flora and fauna in the hibernating season.

You'll be warm enough if you're dressed properly—wool or insulated longies, and above them layers you can peel off as you warm up and put on again before you get cold when you stop. You'll need ski mittens, of course. Boots, skis, and poles are available for rent, if you don't have your own.

The overall cost is reasonable enough: $225 per person; under 12, half price. This includes guide service, four nights in country inns, four big dinners and breakfasts, three trail lunches. Equipment rental is extra—$8 per day. For an additional $40 per person, you can come a day early to get used to the cross-country skis.

The tours, with never more than 12 in a group, begin with Sunday night dinner at the Long Run Lodge, a refurbished loggers' hotel on the Lincoln Gap road between Bristol (on State-17) and Warren (on State-100).

For your Monday night stop, you dine at the Chipman Inn at Ripton. On Tuesday, you rest up at the elegant yet country-cozy Blueberry Hill Farm on a hilltop pasture off State-125, near Ripton. Blueberry Hill has it's own ski shop and 35 miles of cross-country trails on the property. And on Wednesday, you stay at Churchill House, a century-old farmstead (also sporting a ski shop and trail system) near Brandon (US-7 and State-73). This inn perches above the deep cut of a mountain stream that's fed by nearby falls whose winter armor glints in the sun. On Thursday morning, a van ferries you back to the Long Run Lodge.

The last scheduled start date is March 25, snow conditions permitting. When there is snow—which is usually the case—this tail end of winter is the best time of all. Days are longer, and sometimes it's even warm enough for tanning.

As for creature comforts, inn accommodations range from more-than-adequate to luxurious. Meals are generous and usually excellent; at the Blueberry Hill Farm you'll eat family style at a big communal table.

Other options also are available. For instance, if you prefer to visit on the weekend and not "inn hop," arrangements can be made for weekend guided trips and transportation back to your host inn where you dine and sleep each night. Or, during the week, you can join guided day trips ($5 each) that circle back to the inn where you're staying. Or, just enjoy skiing on your own, in which case you'll pay $40 a night for room with bath, breakfast, dinner, and a hot soup at lunch. Rates are lower for children.

Hiking, too

Similar inn-to-inn nature tours—in hiking boots—are possible on Vermont's beautiful Long Trail from mid-May through the foliage season. Then you can string up to seven inns together, with hikes of about ten miles between. You go without a guide and set your own dates and speed. Hiking season rates average $28 a day, including breakfast and dinner.

For information about inn-to-inn cross-country skiing, contact Tony Clark, Blueberry Hill Inn Farm, Box B, Goshen, Vermont 05733. For inn-to-inn hiking information, write Mike Shonstrom, Churchill House Inn, RD 3, Brandon, Vermont 05733.

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BIG CITY LIFE: TOURING THE TODDLIN' TOWN

We picked Chicago as a great city to visit with children of all ages because of its cosmopolitan yet friendly Midwestern ambience and host of family attractions. The fabulous skyline is topped by the world's tallest building. Dozens of museums, sports facilities, the zoo, a superb symphony, elegant shopping, and an abundance of splendid yet moderately priced restaurants make for a well-rounded city vacation. What's more, most everything you'll want to visit is easily accessible by public transportation.

The best bet for lodgings is in the near northside area. The downtown Holiday Inns feature a Fantasy Weekend rate of about $80 for Friday and Saturday nights for two adults, with $35 worth of "fantasy money" thrown in to spend at the Inn for meals or whatever. Children under 12 sleep in your room free and eat free from a special menu. Particularly convenient are the Inns at 644 North Lake Shore Drive and at 300 East Ohio Street.

An exciting hotel that's sure to impress the kids is the new Marriott Hotel at 540 North Michigan Avenue. This hotel has an electronic game room, indoor pool, rooftop putting green and platform tennis courts. Also, there's the Water Tower Hyatt House with a rooftop swimming pool at 800 North Michigan. At the Marriott, a couple pays $96 for two weekend nights. Kids under 12 share your room free. Many other major hotels also offer a weekend Mini-Holiday rate.

Begin your Chicago visit by window-shopping and skyscraper-gawking along North Michigan Avenue en route to Water Tower Place, an elegant new shopping area just north of the Old Water Tower (where you'll find a visitors center). Among the wonders of Water Tower Place is the glittering glass-enclosed elevator that takes you up to special shops for kids like an FAO Schwartz toy store, a music box shop, and a swanky McDonald's where you can munch a "high-rise" Big Mac. For a fancier lunch, try the Mezzanine Restaurant and sample an international smorgasbord of treats.

Across from the Water Tower is the dramatic John Hancock Center with a sky-high observatory that offers stunning views of the city ($1.50 for adults, $1 for kids). At night, the city lights spark a new vista, and cars' beams along Lake Shore Drive lay down flowing ribbons of light. Another sky-high observatory tops the across-town Sears Building, the world's tallest.



Animals—live and otherwise

On balmy days along the lake the great apes at Lincoln Park Zoo cavort and sun themselves in an outdoor extension of the stunning Great Ape House. The rest of the Zoo is equally intriguing. Hours are 9 a.m. to 5 p.m. Admission is free.

Just inside the entrance of the Field Museum of Natural History looms the skeleton of a flesh-eating dinosaur that heralds a wealth of natural history exhibits. Take a guided tour (phone ahead for reservations to 922-9410, ext. 351), because there's no way to see everything in one visit. One "must see" is the Pawnee Indian Earth Lodge. Admission is $1.50 for adults and 50 cents for children six through 17.

A short walk will take you to the Shedd Aquarium—the largest aquarium in the world. Special shows feature a diver who enters the "Coral Reef" to visit with 75 species of fish. Aquarium admission is $3.50 for a family or $1.50 per adult; 50 cents for under 18. For stargazing, visit the free Adler Planetarium next door and see the Sky Show ($1.50 for adults and 75 cents for under 18).

Art and science

There's art all over the place in Chicago. Outdoors along Dearborn Avenue you can see a Picasso sculpture, a Calder sculpture, and a Chagall mosaic. Feast your eyes on the collection of French Impressionists inside the Art Institute on Michigan Avenue at Adams. The Institute also houses a children's museum.

The Museum of Science and Industry welcomes more visitors than any other Chicago cultural attraction, and rightly so. A popular exhibit is Colleen Moore's Fairy Castle, a glittering fairy palace. Other "biggies" are the Nazi submarine, the coal mine, and the Space Exploration Exhibit.

Other diversions

- Take a boat tour on the Chicago River.
- Ride the El (elevated transit).
- Take a trip to the Loop to shop at Marshall Fields.
- Have a classy Sunday morning breakfast at one of the grand old gilded hotels—the Conrad Hilton, the Drake, the Palmer House, the Blackstone.
- Pick a zingy restaurant for a night-on-the-town dinner that will thrill youngsters: Polynesian food at Don the Beachcomber's; Greek food at Dianna's Restaurant; Serbian chow and flamboyant dancers at Miromar's; Japanese dishes served up by costumed chefs at Ron of Japan.

For information and maps, write: Chicago Convention and Tourism Bureau, Dept. B, 332 South Michigan Avenue, Chicago, Illinois 60604.

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GEOLOGY: GETTING DEEP INTO THE HEART OF THE OZARKS

The Ozark dome region that spreads across northern Arkansas and southern Missouri is an intriguing array of natural wonders engaging enough themselves for a fascinating geologically oriented vacation. Rivers flow below great craggy bluffs, mountains have been fine-shaped by time, and fault cliffs bare fallen strata of rock.

But perhaps more appealing to youngsters are the mysterious caves and caverns in this limestone-rich area. There are some 4,000 caves in Missouri and nearly 2,000 in Arkansas. Of these, 25 are open to the public in Missouri and nine in Arkansas, with new ones being discovered all the time. One of the most recently developed for public visits is Blanchard Springs Caverns in the Sylamore Ranger District of Arkansas' Ozark National Forest.

Blanchard Springs ranks as one of the most beautiful and varied caves anywhere. Children can get a dazzling firsthand look at subterranean rooms and passages, and calcite formations that run the gamut from massive flowstones to delicate translucent "draperies."

The Caverns, which remain a constant 58 degrees whatever the weather aboveground, are open year-round. Forest Service guides conduct you through the Caverns and explain what you're seeing and how these formations came about over the millennia.

Going underground

After a 216-foot elevator descent and brief tunnel trek, you emerge into the enormous Cathedral Room. The towering Giant Column, a 65-foot calcite formation, is sure to impress your kids. Next, you'll explore underground rooms crammed with odd limestone shapes. Use your imagination to pick out hundreds of forms carved by nature's wizardry. You'll pass castle-like spires that shimmer in the subdued lighting along the half-mile Dripstone Trail (for everyone) and the rugged 1.2-mile Discovery Trail (a lower level tour only open during summer and then only for the hale and hardy).

After your cave tour and back up on ground level, be sure to visit beautiful Blanchard Springs, a frothy stream gushing from the rocky mouth of the underground Caverns. To reach the Springs, you follow an easy trail along Mill Creek.

From after Labor Day to Memorial Day weekend, the Blanchard Springs



Photograph: William Childress

Caverns are open daily (except Thanksgiving, Christmas, and New Year's) at 9 a.m. In summer, the Caverns' visitors center opens at 8 a.m. Admission is $2.50 for those 13 or older; $1 for kids six through 12 (under six free).

The Blanchard Springs Recreation Area also offers nature trails, 32 campsites ($3 a night, no hookups, visits limited to three nights), picnic areas, swimming in North Sylamore Creek, fishing in Mirror Lake, and an outdoor amphitheater where nature programs are offered on Thursday, Friday, and Saturday evenings during summer and early fall. Write for Caverns tour reservations to the U.S. Forest Service, Box 1, Mountain View, Arkansas 72560.

You can get groceries and gas at Fifty-Six, a small town just up the road from the Caverns that boasts a motel and a couple of restaurants. For more stores and greater choice of accommodations, try Mountain View, about four miles farther.

Unique folk center

Also in Mountain View is a unique Arkansas State Park facility—The Ozark Folk Center—where 19th-century mountain heritage, arts, and crafts live on. From May through October you can listen and watch as mountaineers make music and dance. They perform on autoharp, fiddle, dulcimer, banjo, guitar, and pickin' bow—even with spoons and jawbones. And you can see mountaineers practice such old skills as wool spinning, quilt making, wood carving, frontier-style furniture making, and the like.

Hours are 10 a.m. to 6 p.m. and admission is $2; six to 15, $1; or a family, $5. Folk music concerts begin at 8 p.m., and admission is also $2, $1, or family $5.

A restaurant at the Center serves up Southern dishes, and a 60-unit lodge provides woodsy accommodations. For information and a complete schedule of hours and activities, write General Manager, Ozark Folk Center, Mountain View, Arkansas 72560. For lodge reservations, call 501/269-3851.

To the north of Blanchard Springs Recreation Area are sprawling Norfork Lake and Bull Shoals Lake. Greers Ferry Lake is to the south. These three magnificent bodies of water attract fishers, boaters, hikers, and campers. The scenic Buffalo National River (a worthy favorite of canoeists nationwide) and the famed White River form part of the west and east boundaries of the Sylamore Ranger District. Throughout the general area, there are picnic grounds, campsites, some boat rentals, and rental cabins.

You can round out your vacation with other attractions in the central Arkansas Ozarks. The choice includes Bull Shoals Caverns, Top of the Ozarks Observation Tower, the Norfork Federal Fish Hatchery, Dogpatch USA (a theme park featuring Al Capp's Li'l Abner comic strip characters), and the spectacular Natural Bridge.

For more information, write to Tyler B. Hardeman, Department of Parks and Tourism, State Capitol, Little Rock, Arkansas 72201.

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FISHING: FRESHWATER AND SALTWATER CATCHES IN THE NORTHWEST



Photograph: Barry Anderson

Few vacation rewards can compare with watching your child hook his or her first big fish. In an instant, the joy of discovery on his or her face makes the predawn arising well worthwhile.

For a family fishing weekend, the wide range of opportunities in northern Oregon would be difficult to top. Within a two-hour drive of Portland, you have a choice of dozens of lakes and streams in the Cascade Range or saltwater fishing for salmon and tuna around the mouth of the Columbia River. You can test your skills at both kinds of angling, and if you prefer, return to the urban surroundings of Portland in the evenings.

Trying for trout

Mt. Hood National Forest has the widest choice of trout fishing close to Portland. Alpine Lakes are strung along both sides of the Cascade crest south from Mt. Hood. US-26 penetrates the region, and branching Skyline Road leads to the most accessible of the Lakes. (Since Skyline Road can be snow-clogged until late June, check with the Forest Service or with Oregon Travel Information Section about accessibility.) Clear, Timothy, and Trillium Lakes have some of the best fishing, particularly for beginning anglers. All three lakes are stocked annually with trout; Timothy has cutthroat and Kokanee as well. And all three have waterside campgrounds.

Just a few minutes away, on the south slope of Mt. Hood, is a one-of-a-kind place to stay. It's the massive timber and stone Timberline Lodge which was built by the WPA in the 1930s. The Lodge is a treasure trove of regional art and architecture, and also offers swimming, hiking trails, and outstanding views. A standard double room runs $36; for each additional person, the tab is $6. You'll also find a golf resort and a scattering of modest motels along US-26 around the mountain communities of Wemme, Zig Zag, and Rhododendron. Wherever you stay, you'll need an Oregon State fishing license. A ten-day nonresident permit is $2.50 for anyone 14 and older. Trout season opens April 22.

Snagging some salmon

Salmon fishing is a major activity all along the Oregon and Washington coasts May through early September but reaches fever pitch in midsummer.

Typically, charters leave marinas by 5 a.m., cruise within sight of the coast for about eight hours or until the limit is caught (three fish per person), and return by early afternoon. Ilwaco, on the Washington side of the Columbia River, is the most active port near Portland, but Astoria, Hammond, and Warrenton, Oregon, have fleets, too.

A day's salmon fishing, including bait and tackle, typically costs $28 to $35 per person. You bring your own lunch and warm clothing. Passage over the Columbia Bar can sometimes be a bit rough, so take a motion sickness remedy beforehand if you're subject to seasickness. Tuna charters normally range farther offshore, last about 12 hours, and cost $80 to $90 per person. Reservations for charters are advisable.

The boat's deckhand usually will clean your catch for a tip, and canneries near dockside usually will, for a charge, provide refrigerated storage, can the salmon, or smoke and can it. You'll need a single-day license (Oregon nonresidents, $2.50; Washington, $1, none required under 16) and a punch card (free) from the charter operator or a sporting goods store.

Accommodations in Ilwaco are limited. There's also a scattering of motels along the Long Beach Peninsula to the north. Astoria, just 15 miles across the River, offers a wider choice. Camping is available at Washington's Fort Canby, adjacent to Ilwaco, and Fort Stevens State Park, near Hammond, Oregon. Seafood restaurants specialize in freshly caught salmon, crab, oysters, and clams.

Some sight-seeing

Two outstanding attractions are located on either side of the River. The new Lewis and Clark Interpretive Center at Fort Canby details the 1805-1806 expedition that wintered at the mouth of the Columbia (open 9 to 6 daily).

In Astoria, the Columbia River Maritime Museum is the most comprehensive in the Pacific Northwest. Two blocks away, the museum-owned lightship *Columbia* rides at anchor. Open daily; museum admission is 50 cents, lightship, 35 cents.

For fishing information write: Oregon department of Fish and Wildlife, Box 3503, Portland, Oregon 97208; or Department of Fisheries, 115 General Administration Building, Olympia, Washington 98504. For tourism information write: Oregon Travel Information Section, 101 Transportation Building, Salem, Oregon 97810; and Washington Travel Development Division, 101 General Administration Building, Olympia, Washington 98504.

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Of course, all '79 model Pintos, like the '77s and '78s before it, have redesigned fuel system features, including a longer filler pipe, plus a gas tank shield.

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SEA LIFE: MARITIME DIVERSIONS IN SOUTHERN CALIFORNIA

The sea, its creatures, and the vessels that ply the great waters are endlessly fascinating to young and old alike. For a bounty of salty adventures, we recommend the Los Angeles and San Diego areas.

San Diego by the sea

Start with San Diego's Sea World. At first glance, the park may strike you as frivolous because it's brimming with fun rides and play devices. But look closer and you'll discover the park also boasts extraordinary sea exhibits—most of which display not fish but mammals and birds.

If you take a behind-the-scenes tour, of one of the research areas for example, you can view Antarctic penguins who inhabit a deep freeze and like it. In another research area, you see sea otters swim and feed.

Other marine animals, from walrus-size on down, are close enough to feed and in some cases to pet. You can also watch a Japanese pearl diver from below water. And birds from the nation's largest water bird collection enliven the gardens.

Fish are here, too, in 54 aquariums, ranging in size from an immense new shark tank to jewel-box miniatures bright with coral and tropical specimens.

Sea World admission is $7.25; four to 12, $4.25; and under four free.

Then visit the shrine for students of the sea—the aquarium at prestigious Scripps Institution of Oceanography on the University of California campus in La Jolla. A pump-fed tide pool outside speeds up the tidal cycle so you can readily see and understand the activity. Inside, tanks hold sea creatures from off the coasts of California and Mexico. In the companion museum, closed-circuit television shows you the offshore underwater park.

Cabrillo National Monument at Point Loma, the coast's premier whale-watching point, likewise attracts pilgrims during the California gray's southward migration offshore in winter. There are whale programs and an observation station, vintage lighthouses, and tide pools.

Beside the harbor close to downtown is the Embarcadero, where tuna seiners spread their nets. A Navy ship holds weekend open house at park-like Broadway Pier. The windjammer *Star of India*—with sails hoisted—and two other vessels of the Maritime Museum beckon visitors ($2; kids 12 and under, 50 cents), the Harbor Seafood Mart feeds them, and the Harbor Cruise takes them for excursions ($2.90; 12 through 17, $2; five through 11, $1.45).



Photograph: Tommy Miyasaki

If your San Diego agenda includes Balboa Park, you can continue your marine exploration inland. Head for the Sefton Hall of Shore Ecology at the Natural History Museum ($1; under 16 free), where you'll marvel at sea-life and ocean-edge exhibits.

Los Angeles-Long Beach Harbors

The great double port and adjacent Palos Verdes Peninsula have three sites of particular interest: *Queen Mary,* Cabrillo Marine Museum, and Marineland.

In Long Beach, the *Queen Mary,* biggest passenger liner on earth, is also unique for its museums. These are devoted to maritime history, the workings of a ship, and the Living Sea—a multimedia presentation of marine ecology. Admission is $5; five to 12 years, $1.75; under five, free.

To spend the night in a seagoing environment, stay in a stateroom in the hotel part of the ship (the Queen Mary Hyatt). Stateroom decor recalls the heyday of transatlantic crossings. Doubles about $40.

From the San Pedro District of Los Angeles Harbor you can embark on a real seagoing adventure. Board one of the excursion boats at the Catalina Terminal to cross to Catalina Island (about two hours). In spring you should see dolphins and whales on the crossing, and by summer you'll probably spot flying fish and the dorsal fins of blue sharks. Avalon, the Island's only town, has plenty of day-visit diversions, including the famous glass-bottom boat trip to view magnificent underwater gardens.

Also in San Pedro, you can take a harbor cruise from Ports O'Call Village, a "theme" shop-restaurant complex. At the landward end of the harbor breakwater in San Pedro, you'll find the lively (and free) beach-side Cabrillo Marine Museum. This cheerful *mélange* of nautical and natural history is noted for its sprightly programs. One such deals with grunion—smelt-related fish that come ashore to spawn at high tide. The Museum arranges half-day whale-watching trips in winter and day trips fall through spring to the offshore Channel Islands.

Lastly, there is Marineland, out on the peninsula. It has performing sea animals, places to feed dolphins and sea lions, a tide pool—even a tank where you can go snorkeling among fish.

For further information write: Greater Los Angeles Visitors and Convention Bureau, Department 609, 505 South Flower Street, Los Angeles, California 90071. Also write: Gerald Goodrum, San Diego Convention and Visitors Bureau, 1200 Third Avenue, Suite 824, San Diego, California 92101. ■

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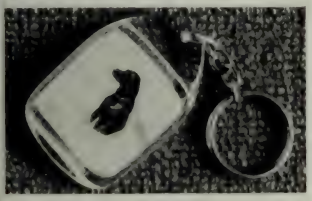
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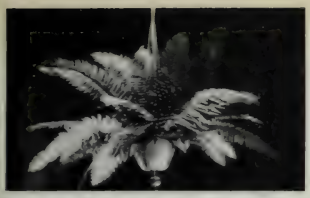
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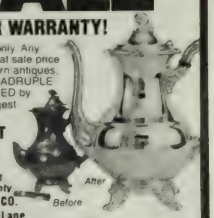
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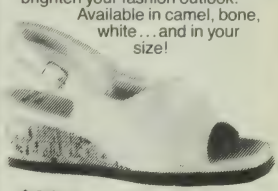
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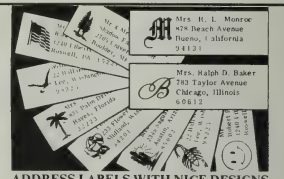


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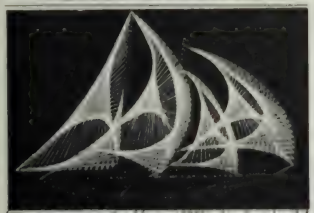


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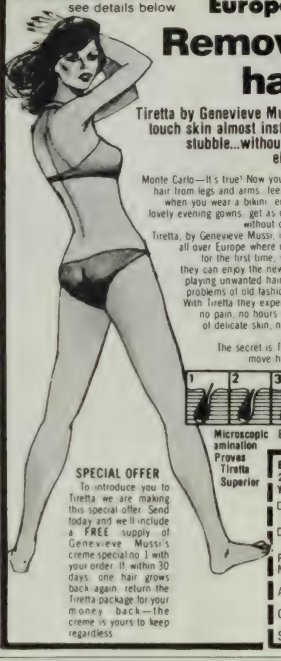
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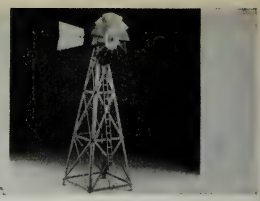


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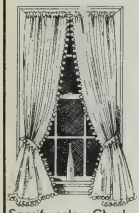


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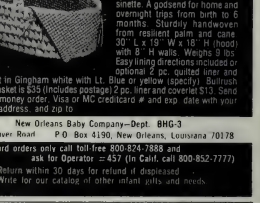
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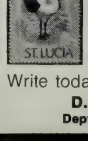


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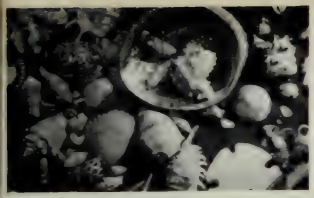
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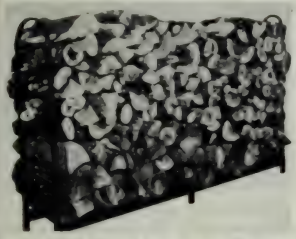
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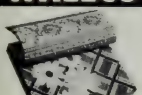


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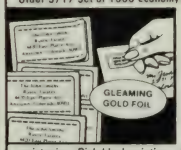
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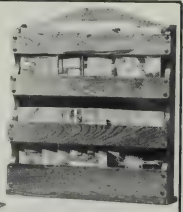
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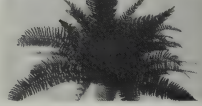
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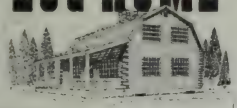


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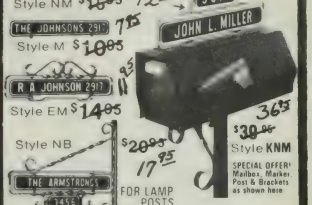
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Christine insists that whenever spring arrives this year, it's going to be late as far as she's concerned.

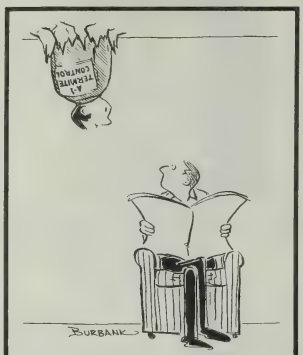
Newspaper editor Earl Reeves says the longer he's in the news business, the more it's a matter of substituting new names in old predicaments.

Bill Norman says he and Isabel are thinking about a less complicated vacation this summer. We translate that as meaning their travel fund is just about as depleted as ours.

Dr. Bob Hannelly remembers when energy shortage was a medical problem, not a national crisis.

Elaine Cowan's formula for raising a cactus dish garden is simple. She watches the national weather reports on TV and waters her plants only when it rains in Phoenix.

After making up her guest room bed for the third time this month, Aunt Opal told Christine housekeeping wasn't the least bit easier with the children gone. "Once we were running a nursery," she explained, "but now we're running a hotel."



"Bad news, I'm afraid."

Ned Carter was highly indignant about a hammer handle that broke last Saturday afternoon. "These days the only things that are designed to last a lifetime are those little stick-on price labels attached to the products you buy," he fumed.

Mother Hillis says she not only likes the new spring styles, she also liked them the first time they showed up—40 years ago.



"If we are what we eat, I'd rather not be a lima bean."

There's a row of four small, painted-over holes halfway up the inside of the door in the hall closet. Each time I take a paintbrush to that woodwork, I know I should get out the wood filler and fix those holes so everything would be smooth and flawless again. Somehow I never get around to it.

Maybe it's because I don't want to completely remove the memories of chubby hands laboriously hanging jackets and scarves on clothes hooks that were then fastened within a kindergartner's reach.

Perhaps I'm sentimental, but we've lived so long with our house that I love it for its blemishes as much as for its beauties.

For instance, there's a permanently hollowed-out place on the back screen door frame where generations of puppies have scratched for admittance. There's a crack in the back sidewalk where the kids hammered open hickory nuts a bit too vigorously one fall.

A dent in the pantry floor reminds us of the scare we got one night when the shelf fell down after too many years of supporting heavy canned goods.

A large, sturdy cork neatly plugs the hole left by the gas heater that we once used to heat the chilly back bedroom. Someday we'll put another strip of flooring in, but until then, the cork cozily reminds us how nice it's been since we've had forced air heat.

The baseboard in the playroom hasn't been smooth since it began to show scars from countless runaway toy cars and trucks.

And there are the scratches on a windowpane in Rosemary's room where she found out by experimenting (with her mother's secretly borrowed ring) that diamonds do, indeed, mark glass.

Someday I plan to fill in the cracks, sand down the floor, smooth the wood, and replace the glass, but I suspect I'll never quite get it all done.

Houses, like people, develop wrinkles and laugh lines just from living a long time—it would be a shame to face-lift them away completely.

Burton Hillis

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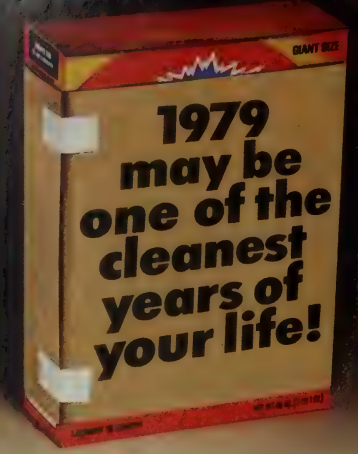


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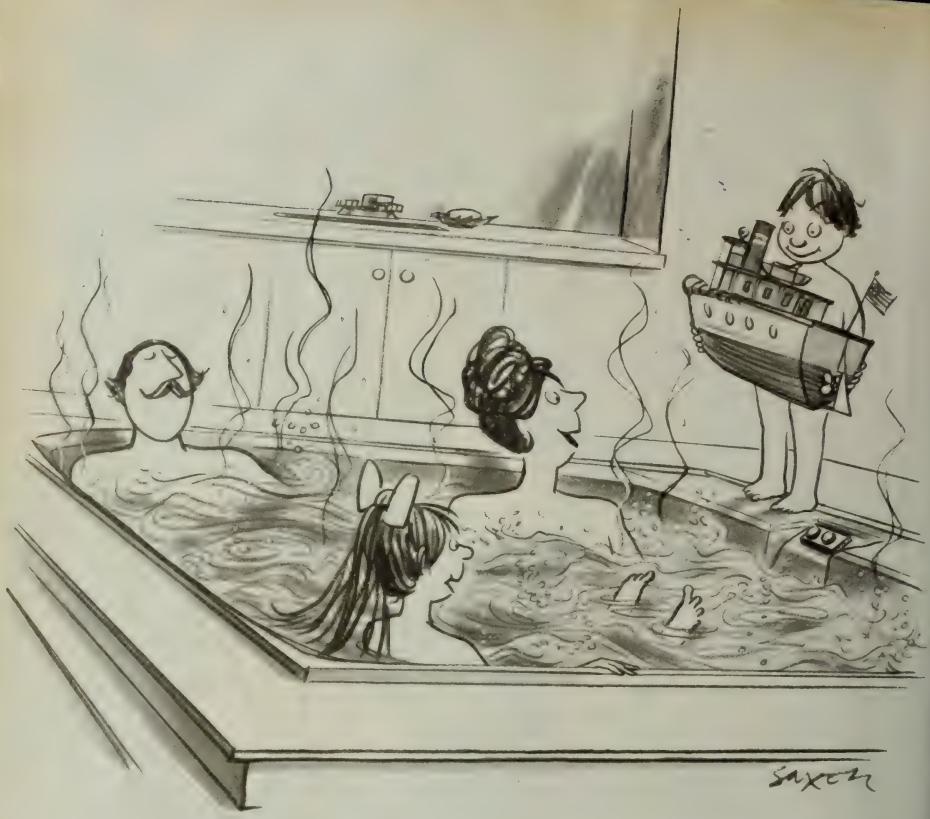
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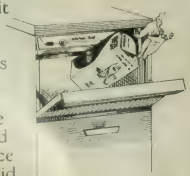
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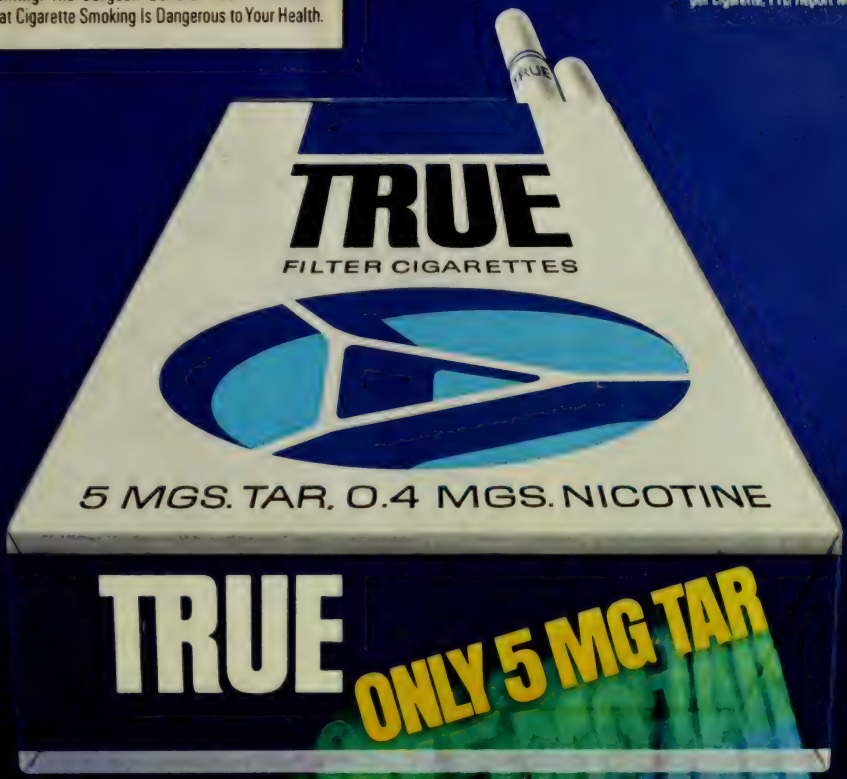
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On your dishes... on your table... your Joy shows.

What a nice reflection on you.

How to cope after a house fire

Even though a fire in your home can be one of the most distressing experiences your family has ever had, you can't afford to panic. Here are some suggestions to help you get your family's life back to normal as quickly as possible and collect on your insurance claim.



Call your agent

Once you're sure that everyone is safe, telephone your insurance agent or company.

Follow up your telephone call with a letter to the insurance company.

Typical homeowner insurance policies set a 60-day limit for submitting proof of your loss, but you can generally take longer if you get written permission from the company.

Get your family settled

Most insurance companies pay additional living expenses, up to a specific dollar amount—typically ten or 20 percent of the amount of coverage on the dwelling. (For renter's insurance, it's 40 percent.) The company will pay those additional expenses *only* until your home is repaired or replaced or you have relocated permanently.

Let's say your insurance policy is for $60,000, with a 20-percent additional-living-expense allowance of $12,000. If it costs $500 a month to house your family comfortably in rented quarters similar to your present quarters, the insurance company would pay the full $500 a month up to the limits of the policy or until you could get back into your home.

What about other expenses? You ordinarily spend $100 a week to feed your family, but in your rented quarters it costs about $150 because you must eat out more. The insurance company would pay the extra $50. If you were to shift to a steady steak-and-caviar diet, however, the insurer probably would not reimburse those excessive expenses.

Take full advantage of your policy's living expense provision, but keep in mind the top limit of your additional living expense coverage. When it looks as though you'll be in temporary quarters for quite a while, it's probably best to rent a furnished house, condominium, or apartment. You'll stretch out your expense allotment more efficiently that way, and your family will be more comfortable in such surroundings.

Protect your property

Most policies continue protection of your home after the fire, up to your maximum coverage—provided you use "reasonable care" to protect the property from further damage. Be sure to board up broken windows and replace doors; check for broken steps, holes in the floor, and loose boards; have the gas company check all furnace, kitchen stove, and water heater connections; get an electrician to check the wiring; shut off the water and if the weather is cold, drain the pipes; knock down loose ceiling plaster; cover a damaged roof with plywood and tar paper.

Save all emergency repair receipts for insurance reimbursement.

Assess the damage

Soon after the fire, the insurance company's adjuster will begin to tally up the loss. You are not bound to accept the adjuster's evaluation. In fact, the more you get involved with the damage appraisal, the more data you'll have with which to challenge the insurer if necessary.

Take inventory

Itemize absolutely everything that has been damaged, room by room. Jot down even the most insignificant items.

To make the process easier, use a tape recorder as a dictating machine. Also take pictures from all angles of the room to show the extent of damage. Do not throw anything out until you have agreed on a settlement.

Personal property loss

With most policies you'll be reimbursed on a "depreciated" or "cash value" basis for unscheduled personal property—items not covered for specific amounts in the policy or by other insurance. The company figures what it would cost to replace an item today, then subtracts a percentage of that amount according to a depreciation schedule that cites the reasonable lifetime of the article. Say it would cost $200 to replace an armchair you bought five years ago for $150, and that kind of chair has a lifetime of ten years. The company will pay you $100 because one-half of the chair's expected lifetime had been used up.

Be as detailed and as accurate as you can with your inventory, citing when you bought the items, what you paid, what similar items cost now.

continued

Photographs: William N. Hopkins

"I know I should be drinking a decaffeinated coffee because caffein makes me nervous, but I love real coffee too much to make a change."

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continued

Bills of sale help if you have them. Also take the time to check department stores, other merchants, and catalogs for up-to-date cost information. And don't hesitate to contest a cash value offer if you feel a particular item was of sufficient quality to have lasted longer than normal.

Often smoke and water cause more damage in a fire than flames or heat. The problem is, you're not always certain whether it makes more sense to have items cleaned or repaired, or to claim them as a total loss. The company generally has the option of having an item cleaned or repaired or paying you the actual (depreciated) cash value. If you don't agree, that may be an issue to contest when they make their final settlement offer.

Note: Water damage behind wallpaper can cause the paper to fall off months after the fire. In that case, you can make an additional claim even though you have already settled with the insurance company.

Structural damage

For damage to the home itself, you're entitled to full replacement at today's prices—up to the full coverage of your policy, and provided your insurance was for at least 80 percent of the replacement value of the home. The company will probably send a contractor to estimate the costs of repairs. Get one or more contractors in on your own, too, and compare estimates.

Your policy entitles you to replacement materials of "like kind and quality." A damaged plaster wall should be replaced with plaster rather than with wallboard. Go over each bid thoroughly, making sure all damage has been covered, with specific materials designated in writing.

Don't hire a contractor until you have checked his credentials. Get everything in writing before the work begins. Try to get a specific completion date, plus the assurance that your additional living expenses will be covered if the job is delayed.

Should you use a public adjuster?

Call in a public adjuster only if you don't want to do all the inventory and other research on your own, or if you



How to cope after a house fire

feel you need an independent expert to follow up with the insurance company. The public adjuster will charge you from five to 15 percent of your settlement—including insurance payments for your living expenses while you're out of the house.

When you disagree with the offer

First, ask your agent to try for some modification of the offer. If you still disagree, turn down the settlement and request that the amount of loss be set "by appraisal." Either you or the company may initiate this procedure by written demand. Details are outlined in your policy.

You and the insurer split the costs of this procedure (about $300 to $600).

Most companies accept the appraiser's decision as binding. If you're still not willing to settle, you can sue. (You can sue without going through the appraisal procedure if neither you nor the company asks for it.)

How is the settlement paid?

The insurer will send a check once you have agreed upon the amount and signed the settlement offer. You'll receive the full amount for personal property right away, though sometimes the company will pay cleaning or repair companies directly.

If extensive home repairs must be made, the insurance company may withhold a portion of the settlement until the specific construction is finished.

If your home is mortgaged and is severely damaged, notify the lender. The settlement check for structural repairs will be made out to both of you.

Generally the lender will sign the check over to you outright—unless there have been problems about mortgage payments in the past. Then the lender may release the funds gradually as the rebuilding work progresses. He cannot withhold more than the amount of your remaining mortgage, however.

Note: Be sure to keep up your mortgage payments after the fire, unless the lender agrees, in writing, to some other arrangement.

Must you rebuild?

In several states, the law requires an insurer to pay the policy limits when your home is destroyed—even if you don't rebuild. Where that law does not apply, many insurance companies call for full replacement value of the home up to the policy limits *only* when you rebuild on the same site. If you decide not to rebuild, you may receive only the current cash value of the house (that's market value, less the land).

What if you don't want to rebuild on the same site, but somewhere else? Then in most cases you would have 180 days within which to petition the company with evidence that you are building elsewhere. The company will then pay the extra cash (up to the policy limits) required to match the actual replacement costs of your former house, or to match the amount you spend to rebuild—whichever is less.

What if you discover hidden loss later on?

Submit the evidence to the insurance company. If the loss is clearly related to the fire, you'll probably get an additional settlement.

Don't forget about taxes

Suppose you were underinsured, or your final settlement was less than your actual loss; then you can claim the difference minus $100 as a deduction on your income tax return—presuming you itemize deductions. Make sure you have the evidence to back up your claim in case of an audit. ■

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Now

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YOUR CHILD'S SCHOOL AND THE "BACK TO BASICS" MOVEMENT



One of the hottest topics in public education today is "back to basics." PTA meetings resound with debates on the subject. School board elections often hinge on the issue. In our "What's happening to the American family?" survey, *Better Homes and Gardens* readers also demonstrated their concern. Ninety-four percent of the 302,602 respondents agreed that schools "should place a stronger emphasis on fundamental skills—reading, writing, and basic arithmetic."

The slogan "back to basics" implies simple solutions to simple problems. But unfortunately neither the problems nor the solutions are simple. That's why it's important for you to take a commonsense look at what is going on in your child's school and to think seriously about what and how you want your child taught.

Why "back to basics?"

Many parents and educators are alarmed by signs that youngsters are not getting educated—despite the huge amounts of tax dollars going into the schools.

Parents are especially concerned. They see their children receiving A's on papers shot through with errors in grammar and spelling. Shopkeepers hire high school graduates, only to discover they cannot add a column of figures. Colleges have been forced to provide remedial reading and writing courses for freshmen.

Widespread publicity underscores the problems. Banner headlines highlight declining college entrance scores and dramatic failure rates on standardized "minimal competency" tests. The sense of failure in the schools is

continued

HOW ONE SCHOOL DISTRICT WENT "BACK TO BASICS"

Though "basics education" takes various forms, the actions of the Hamilton, Ohio, school district (12,000 students) are typical of the changes occurring in many schools. "Before" is the period through the spring of 1976; "after" began with the 1977/1978 school year.

Before

- No coordinated set of standards for minimum skills to be achieved at each elementary grade level.
- Most students promoted to next grade, whatever their academic accomplishments or failures.
- Many students functioning two or more years below grade level.
- Teachers decided whether or not to assign homework.
- Grades 7-12: Teachers decided whether or not to give final exams.
- Grammar not an integral part of all secondary-level English courses.
- Open lunch period. Many students away from school during school hours.
- Punishments not consistently enforced for specific infringement of school rules.
- Haphazard supervision in halls, rest rooms, parking lots.
- Dress codes not specific and not consistently enforced.
- Students with severe discipline problems kept in regular classrooms.

After

- Minimum skills standards set for all six grades and communicated to parents by teacher and school.
- Students in grades 1-8 must pass standardized skills tests before advancing to next grade.
- Tests show good progress in bringing skills up to grade level.
- Teachers required to assign homework in all classes.
- Teachers required to give final exams in all courses.
- All English courses incorporated lessons in grammar.
- Students required to stay in school during lunch. No early dismissals allowed.
- Rules and resultant punishments communicated clearly to parents and students, and enforced.
- Paraprofessionals more thoroughly supervise those areas.
- Dress codes clearly defined and enforced.
- Problem students attend a special school until they improve.

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continued

"Back to basics"

underscored by stories about increased violence and property destruction.

It's difficult to sort out the reasons for these problems. Surely the schools alone cannot, and should not, bear all the blame. Schools are, after all, a reflection of the society in which they function. Nevertheless, there is a cry for change —and to many people, that means a return to the "basics."

What are the "basics"?

Most people concur that proficiency in the three R's is a basic educational requirement, but beyond that, consensus disintegrates. For many people, the arts are basic. For others, career education, health, and personal finance are equally basic. Still others believe any subjects outside the three R's, history, and science are "frills."

But despite conflicting views, the heart of the "back to basics" trend seems clear: *a move from the more permissive style of education popular in the 1960s and early '70s, and toward a more traditional, structured, "basic" approach.*

Many schools—private, public, and parochial—claim never to have abandoned the "basics." But most schools are just now in the process of adapting aspects of the traditional approach to their programs—or adding more to an already existing "basics" approach that stresses the fundamentals of learning.

There are also "alternative" traditional schools—most of them founded within the past three or four years—that provide a completely traditional education. These are set up as totally different alternatives to other schools within the same system; parents can request that their youngsters be enrolled in these special schools instead of the regularly assigned school. Generally, the alternative schools are in separate buildings, but in some districts they coexist under a regular school's roof.

At present, only about 30 of the nation's 16,000 school districts have alternative traditional schools, but the number is growing. Waiting lists at alternative schools are long. The Myers Park Elementary School in Charlotte, North Carolina, for example, has five applicants for every opening, and the school must select pupils by lottery.

Most schools aren't able—or don't choose—to move "back to basics" as completely as the alternative schools have. Instead, changes are likely to occur by degrees.

There are many variations of a "basics" education. Many of the following aspects may be developing at your youngster's school—if they haven't been there all along.

Curriculum

Especially in the lower grades, more emphasis is put on reading, writing, and arithmetic, resulting in a de-emphasis of such courses as art, music, physical education, and health. Most schools try not to drop such courses altogether, however—or cannot, thanks to state laws.

Academic objectives are set at each grade level. A child will not pass on to the next grade, or must take remedial instruction, until he or she has demonstrated mastery of the skills specified for that grade. For instance, a first-grader

continued

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IT'S A HOUSEHOLD WORD

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continued

"Back to basics"

might be required to use metric measurements; a fourth-grader to use commas correctly; a sixth-grader to know how to use the library's card catalog.

Many subjects are broken down into their component elements. "Language Arts" might include the separate disciplines of grammar, spelling, punctuation, and penmanship. Civics and history may replace a more general social studies curriculum. Often local history is studied for a full year, and American history for another full year.

In many districts geography becomes a basic subject rather than an appendix to a history or "social issues" course. Sciences focus on fundamental concepts (like the importance of measurement and systematic experimentation) rather than emphasize direct experimentation by the pupils.

In the upper grades, many electives or "mini-courses" (typical titles: "The Roaring '20s" and "Building Geodesic Domes") are dropped in favor of additional required years in English or history. Extracurricular activities, such as the school newspaper or drama, may be given less time.

At some schools, students in all grades may spend a day or so each week working on writing skills. Study of a foreign language or summer reading from selected book lists might be required of students.

The basic sciences—biology, chemistry, physics—are stressed. Other sciences, such as geology and space science, are offered as electives *only* after one or more of the core sciences are studied.

Teaching methods

In the lower grades, one teacher generally has full responsibility for a class of students for the year. That teacher handles most, if not all, subjects.

"Back-to-basics" methods emphasize repeated drill and recitation of building blocks such as multiplication tables. Extensive written exercises are the rule.

Only the most fundamental "basics" schools eliminate audiovisual and other innovative teaching tools. And experimental teaching techniques are not dismissed outright; instead, they're tested gradually. In most systems, students are encouraged to develop independent projects, once the "basic" skills have been mastered.

Report cards typically bear letter grades of A, B, or C. Often parents of elementary school students receive weekly reports in addition to regular report cards.

In "basics" education homework assignments are frequent and rigorous. They're also mandatory and graded. Parents may be required to look over and sign homework, especially in the lower grades.

Tests are part of the classroom routine in "basics" education. Promotion to the next grade and graduation from high school often depend upon passing one or more "competency" tests that measure a student's mastery of selected skills and knowledge. (By late 1978, seventeen states required such tests, and many more were preparing similar laws.)

The "basics" trend may affect the

continued



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Chicken Caruso and Rice

2 whole chicken breasts (about 1½ pounds), skinned, boned, and cut in thin strips
Garlic salt and pepper
3 tablespoons butter or margarine
1 jar (15½ ounces) spaghetti sauce (2 cups)
1 teaspoon Italian seasoning
2 cups sliced celery
3 cups hot cooked rice

Season chicken with garlic salt and pepper. Saute in butter about 2 minutes. Stir in spaghetti sauce and Italian seasoning; cover and simmer 10 minutes. Add celery; continue cooking until celery is tender crisp. Serve over beds of fluffy rice. Sprinkle with grated Parmesan cheese, if desired. Makes 6 servings.

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Get the Rice out.

Rice Council of America

continued

"Back to basics"

physical plant of a school and the organization of the day. In many once open-classroom schools, walls are being built so that teachers may run more structured classrooms without distraction; and, fixed-hour schedules are replacing "flexible scheduling."

Student behavior

Responsibility and accountability are key values in basics education—for students, teachers, administrators, *and* parents. Rules are spelled out in advance and enforced promptly. (At many other schools rules may exist but are rarely enforced.) For example, students understand that they must do homework assignments or they won't pass, or that they'll get suspended the second time they're caught smoking and will be expelled the third time.

Any actions that interfere with the educational process—absenteeism, classroom disruption, vandalism, theft—are quickly confronted. Discipline is central to the "basics" movement, even to the point that corporal punishment is endorsed by some schools (where state law or local policy allows).

Parents are notified right away when there are problems and are expected to cooperate with the school in solving the difficulties. In fact, parents are expected to take an active interest in all aspects of school life. Sometimes informal "contracts" are signed committing parents to help out at school for a specified number of hours per year.

Although most schools have some sort of dress code, enforcement has been lax over the past few years. But in schools committed to the "basics," that's changed. The rules (such as no bare midriffs and no "muscle T-shirts") are clear and upheld.

Of top importance is the teacher's authority because it reflects the "basics" view that authority and rules must exist in an orderly world.

Patriotism is a clearly espoused value in many "basics" schools. Lewis Walker, principal of the Myers Park School, gives these reasons: "We believe in American democracy and the individual liberties that accompany it. For democracy to work, there has to be a strong voluntary respect for law and

continued



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Good Housekeeping

continued

"Back to basics"

order and a healthy regard and tolerance for the rights of others."

Does "basics education" work?

Proponents of the concept support their belief by pointing to results achieved at many schools that have followed the "basics" trend. Here are some examples:

- *Improved academic performance.* Grades generally are up throughout the school, and students typically beat the averages in district-wide tests.
- *Clear educational goals.* Since objectives are defined in detail for each grade level, it is often easier than at other schools to hold both teachers and students accountable for certain educational accomplishments.
- *Promotion because of merit.* Students are moved up to the next grade only when they have mastered the material from the present grade or have gone into extensive remedial training. As a result, learning difficulties are tackled at the time they crop up, rather than waiting until the youngster is likely to flounder even more.
- *Homework.* Through regular assignments, students learn to study on their own and respect deadlines.
- *A sense of order.* In the hallways, students don't run, they walk. The halls are empty during class hours.
- *Self-discipline.* Several different activities may be going on in a basics classroom at once—on purpose and without disruption.
- *Individual attention.* Because classrooms are orderly, teachers are able to give time to an individual student without having to discipline the other children constantly. Also, the frequent testing that is typical of "basics" education allows teachers to spot and track specific problems with individual students.
- *Respect for others.* By emphasizing democratic values and responsible authority by the teachers and administration, and by holding students accountable for broken rules, youngsters learn the importance of respecting others' rights as well as their own.
- *Costs.* In most cases, the alternative traditional schools don't cost more than other schools in the same area. In some schools, however, allocating more resources to the basics may result in taking funds away from other subjects.
- *Parental involvement.* Schools that emphasize the "basics" expect parents to participate by providing a good study atmosphere at home, overseeing homework, responding to disciplinary problems immediately, and devoting a certain amount of time to activities at the school. Many parents of children in "basics" schools now sit on faculty-parent curriculum committees to help shape the school's policies.

What are the problems?

Though few people argue that a child's education must be based upon a firm foundation in the basic skills, there are serious disagreements with the "back to basics" trend as it is developing today. Often the questions center on important theoretical issues: In what atmosphere do individual children learn best? How much structured learning is important? What, really is creative development of the child?

continued on page 26



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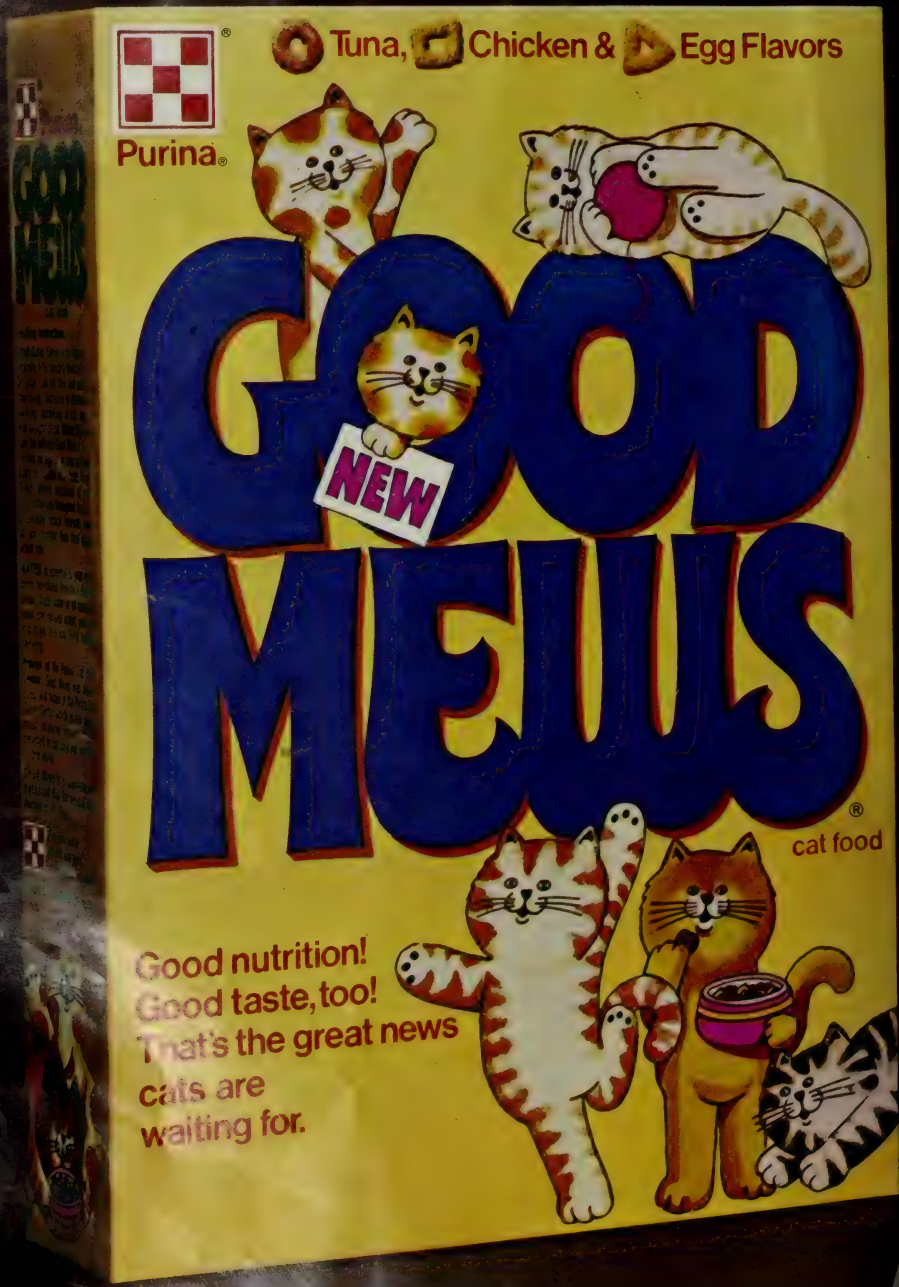
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needs of today's students, who have grown up in a more complicated time than the idyllic days of the Little Red Schoolhouse.

- *Misdirected blame on the schools.* The "back to basics" concept makes the schools the scapegoat for society's many ills, according to some critics who say that both politicians and parents are let off the hook too easily.
- *Inflexibility.* "A school must adapt to the great variety of individual needs and abilities students bring to schools," says Dean Batt, director of the department of educational administration at Austin College, Texas. "The 'basics' approach does not always allow that flexibility."

Other critics challenge the concept of a basic "core curriculum," pointing out that no single curriculum will prevail throughout history. "Sticking to yesterday's organization and subject matter is not adequate to prepare youngsters to assume their adult roles in tomorrow's world," points out Missouri's Lucas.

Many people also lament the increase in required "basics" courses when it means sacrificing a more varied curriculum and extracurricular activities such as school newspapers, drama, music, or athletics.

- *Stifled creativity.* The "basics" approach can be deadly boring and tends to discourage creativity and adaptive thinking—the ability of students to think of new ideas and to apply basic skills and knowledge to unfamiliar situations.

Dr. Ruth Hoffman, professor of mathematics at the University of Denver, worries especially about the rote and

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"Back to basics"

Those issues have been under debate throughout the history of education. Indeed, many educators see the move "back to basics" as just another swing of the pendulum between "traditional" and "free development" concepts. Nevertheless, you should think carefully about these specific criticisms of the current trend:

- *Fuzzy definition.* Not only is there the question of just what is "basic"; there's also the tendency of some people to let "back to basics" become a rallying cry without examining the real problems education faces. "The slogan becomes a substitute for an argument," says Dr. Christopher Lucas, professor of education at the University of Missouri. "In the rush 'back to basics,' I am afraid we will lose much of what was good in the last decade and a half of education."
- *Authoritarianism.* "Sometimes 'back to basics' is a subterfuge for installing specific values in the education process, no questions asked," according to Dr. Lucas. Indeed, many people question the rigid disciplinary aspects that emerge in some "basics" schools, as well as sometimes extreme emphasis upon the authority of the teacher.
- *Nostalgic misconception.* Many "back to basics" supporters disapproved of the permissive atmosphere of the 1960s, when students had a strong say in their own educational goals and were often disrespectful of authority. As a result, "basics" supporters often long for a return to a simpler society. But by looking back, they fail to see the real

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Ethan Allen Galleries



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LOOK US UP IN THE YELLOW PAGES

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The core of our East Coast living room was pure Ethan Allen: k-flowered love seat, 2 cranberry-covered, cane-back tub airs, hand-woven rug from India, and a rich burl inlaid ental-design coffee table. With only a few additions, these me Ethan Allen pieces take on a whole new look. See below!



Ethan Allen is all across America. The Gallery in our new neighborhood had the matching sofa to our love seat



Kerry felt a little sad leaving behind all her friends, but her favorite Ethan Allen rocking chair makes her feel right at home. It's hand-stencilled and so pretty.

MOVE,
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New additions? Matching sofa, ew lamps, and important ccents that <u>make</u> a room. ike this beautifully framed rint, those big casual pillows, nd the California sun. All from than Allen! Except the sun.





We may have moved 3,000 miles, but as long as we're around the things we love, we'll always feel at home in our new house.

Speaking of flexibility, this copper and brass bucket used to hold New England pine cones. It could hold anything, from magazines to flowering cactus!

continued from page 26

"Back to basics"

drill techniques of "basics" education. "Today kids are flooded with data," she says. "They need to develop their critical faculties instead. The basic skills are important, but there is too little practice in application."

● *Excessive focus on tests.* With heavy emphasis on competency tests to set the criteria for grade promotion and graduation classes, many people fear that classes will just focus on preparing children to pass the tests.

● No *"social promotion."* There can be real problems in holding youngsters back a grade when they fail to demonstrate mastery of the required skills. At what age do you "give up" on the child? What are society's legal obligations to the youngster? What resources are the school and community willing to devote to helping children with special problems?

What can a parent do?

One of the striking characteristics about the "back to basics" trend is that parents have often been prime movers in bringing about changes.

Before you jump on the bandwagon for or against "basics," however, take the time to think through what you want for your child's education and examine the alternatives with your eyes wide open.

● *Firsthand knowledge.* Start by finding out what is actually going on in your child's school. Talk to the youngster about classroom activities, subject matter, grades, and so forth. Look over homework—and take it with you to teacher conferences if you question how a paper is—or is not—corrected.

Ask to see the school's year-long planning sheet for your child's class. There should be one on file in the principal's office. If you are not allowed to see the school plans, or they are vague, find out why.

Written objectives and their execution are two different matters, of course. You still must judge firsthand what is in fact happening at school. Ask to visit several classrooms.

Also make the most of parent-teacher conferences. Find out why the teacher covers specific topics or assigns particular books or homework. If the answers are unclear or vague, inquire about the teacher's general philosophy of education, then try to pin down the purpose of specific classroom assignments in the context of these views.

● *Match up what you see with what your child needs.* The "basics" approach to education is highly structured, demanding self-discipline and hard work. Is your child up to hefty homework assignments each night? Can the youngster handle a fairly competitive atmosphere?

Also find out at the school what courses and other activities may be dropped as the focus shifts to "basics." Be prepared to fight for what you believe should be scheduled, whatever the "basics" trend.

● *Involvement with school activities.* Many schools are attempting to take a fresh look at their curricula and educational goals in specific detail, grade by grade and subject by subject. Often parents can join the committees that are working on these analyses. If that's not possible at your child's school, raise the questions at parent and school board meetings. You also might set up a conference with the principal to discuss the issues.

● *Political pressure.* This sort of leverage may start with organized lobbying at school board meetings. (See "You and your school board: How to make your ideas count," *Better Homes and Gardens,* December, 1977.) If you are concerned with minimal competency testing—for or against—the key pressure point may be with your state representatives. Also find out from legal experts and local groups how to go about getting referendums on the local ballot if there are issues you would like to resolve that way.

Finally, whether you are for "basics education" or against it, your involvement is essential. "No longer does anyone think the schools can do it all on their own," says Lewis Walker, of the Myers Park School. "A good school takes the full cooperation of teachers, students, and parents." But that kind of cooperation can be both exciting and satisfying, according to Betty Collins, former president of the Myers Park PTA. "We found out that we as parents could make things happen." ■



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Planning for Foolproof Flower Beds

By Beverly Garrett and Douglas A. Jimerson

It takes more than a green thumb to grow a great flower bed that's alive with color month after month. For a steady show of blooms, you need to plan before you plant your garden, juggling flowering times, heights, widths, and colors until you get the right groupings.

To simplify this job, we've designed a see-at-a-glance guide to perennials and annuals so you can visualize the sizes, colors, and seasons of flower garden favorites. Brush up on the planning basics given here, then turn to the following pages for our helpful flower charts.



Basic Tips on Flower Garden Planning

For beds that are three or more feet deep, plant low-growing flowers at the front, medium-height plants in the center, and tall-growing plants at the back. For beds that are less than three feet deep, use only two different heights of plants—low-growers and medium-height types, or medium and tall types of plants.

Plant in drifts or clumps, not in rows. Use at least three identical specimens in each clump of low-growing flowers—one plant of a small-size variety will not give you much flower impact.

Set aside part of your space for spring-blooming flowers, part for the summer-blooming varieties, part for the flowers that bloom in late summer and continue into the fall.

Save space around perennials for clumps of spring-flowering bulbs.

See the plants on the following pages, then make your choices of tall-growing flowers, medium-height flowers, and low-growing flowers.

Assign places for each plant you select on a plot plan. Now, cross-check your plan to see what you'll have in bloom each season. Remember, the annuals that are shown on the final chart bloom continuously from summer till frost.



Photographs: William Helms, William Hopkins. Source: Bonnie Maharam

◀ Climbing roses make fine backdrops for perennials and annuals planted along a fence line. Floribunda roses, which bloom in waves from June till frost, work well as medium-height plants for middle-border spots.

In early June, this narrow garden between a drive and boundary fence is filled with old-fashioned charm. Foxgloves and blue bellflowers, both favorites in grandmother's day, combine for a nostalgic look. Behind both, a red climbing rose rambles on the pickets.



Designer: Barry Ferguson for Bailey Arboretum

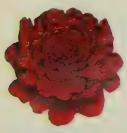
▲ When you're planning, consider the compatibility of colors that will appear together. Yellow, orange, and red flowers are a likely combination. Or, plan a pink, blue, and white color scheme.

In late June, sunny yellows and oranges dominate the color scheme in this garden, *above left*. Taking center stage in the planting is a clump of Enchantment lilies; golden flower heads of yarrow, the yellow daisy-like coreopsis, white Shasta daisies, and columbine complete the summer show.

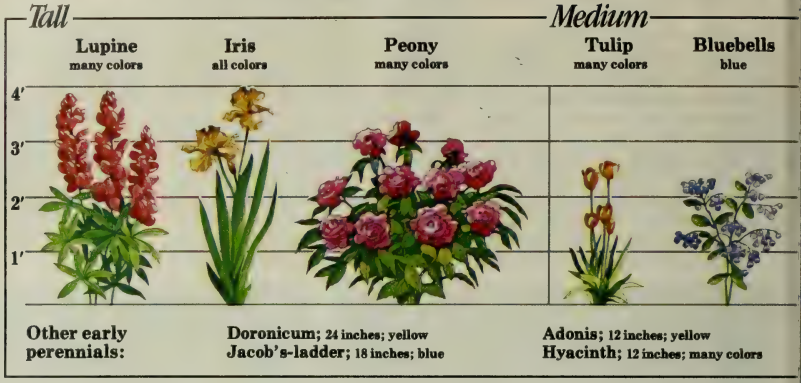
▲ Choosing plants of staggered heights lets you plant so each specimen will show to the best advantage.

In early July, pink and white clusters of dianthus capture attention in the center of this border, while tall spikes of canterbury bells and foxglove mingle behind them. A single astilbe plant is producing the tall mass of fluffy flowers. Snowflake candytuft and cranesbill geranium are set in alternate low-growing clumps at the front of this all-perennial bed.

Plan to Plant Perennials



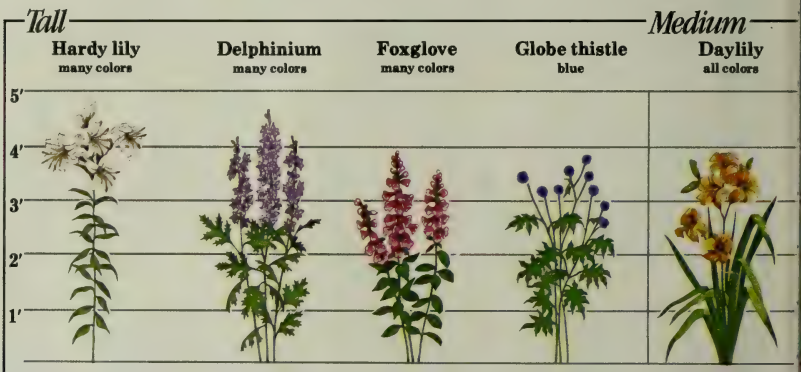
BLOOMS: EARLY SPRING/ MID-MAY



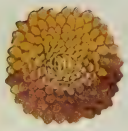
Other early perennials:
Doronicum; 24 inches; yellow
Jacob's-ladder; 18 inches; blue
Adonis; 12 inches; yellow
Hyacinth; 12 inches; many colors



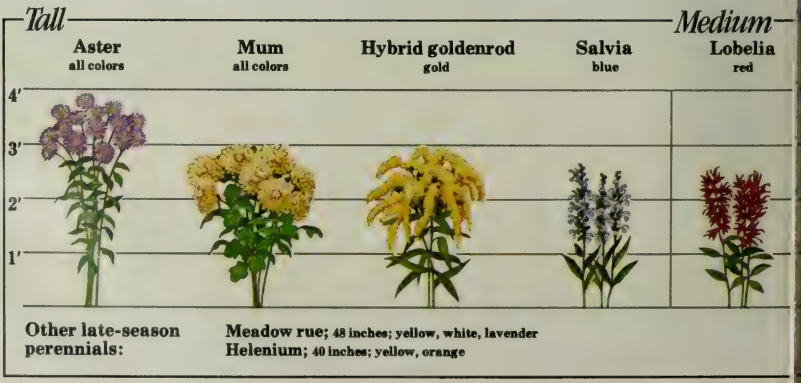
BLOOMS: MID-MAY/ EARLY AUGUST



Other mid-season perennials:
Lythrum; 48 inches; pink, purple
Poker plant; 36 inches; yellow, orange, red
Yarrow; 30 inches; yellow, white, red
Astilbe; 24 inches; red, white, salmon



BLOOMS: EARLY-AUGUST/ FROST



Other late-season perennials:
Meadow rue; 48 inches; yellow, white, lavender
Helenium; 40 inches; yellow, orange

Low

Narcissus many colors
Bleedingheart pink
Golden alyssum gold
Primrose many colors
Moss phlox many colors
Viola many colors



Iceland poppy; 12 inches; many colors
Candytuft; 8 inches; white
English daisy; 8 inches; pink, white
Scilla; 8 inches; blue, pink, white
Eranthis; 5 inches; yellow
Crocus; 4 inches; many colors

Low

Baby's-breath white, pink
Phlox all colors
Oriental poppy many colors
Shasta daisy white
Lamb's ears silver
Sweet william many colors
Thrift pink



Columbine; 24 inches; many colors
Lavender; 24 inches; blue, lavender
Coralbells; 18 inches; white, pink, red
Coreopsis; 18 inches; yellow
Veronica; Crater Lake Blue; 18 inches; blue
Painted daisy; 18 inches; many colors

Low

Coneflower yellow-orange
Hardy ageratum blue
Balloon flower blue
Artemesia silver
Leadwort blue
Sedum many colors



Liatris; 40 inches; white
Monkshood; 40 inches; many colors
Helianthus; 36 inches; yellow
Fall daylilies; 36 inches; many colors
Physostegia; 30 inches; white, pink

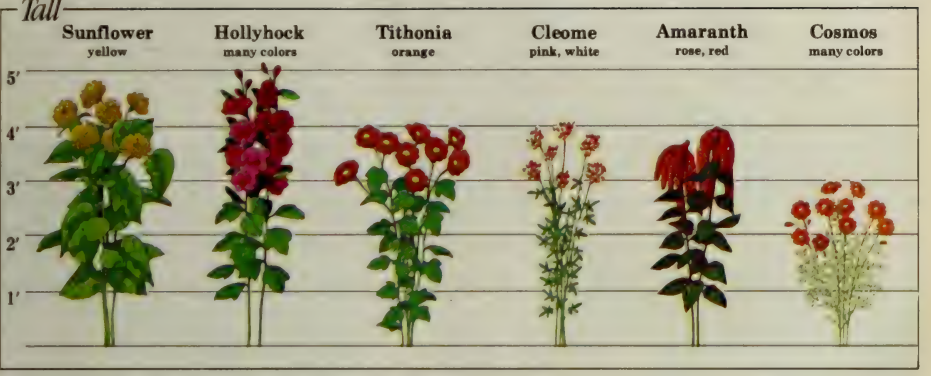
Paintings: Parker Heath

Planning for Foolproof Flower Beds

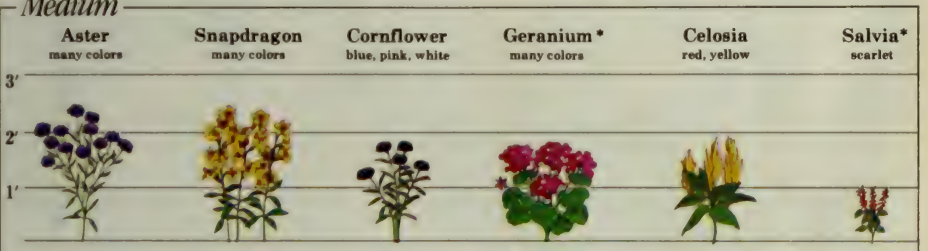
Annual Flowers Bloom for Months



Tall



Medium



Other good medium-height annuals:

Bells of Ireland; green
Gloriosa daisy; yellow, bicolors
Iceland poppy; pastels, bicolors
Lantana; many colors
Marigolds; Climax, Lady, Jubilee; yellow
Scabiosa; many colors
Zinnias; Zenith, Ruffles, Sun Hybrids; many colors

Low



Other good low-growing annuals:

Dianthus, dwarf; many colors
Impatiens*; many colors
Lobelia; blue, white
Nasturtium; yellow, orange, red
Portulaca; many colors
Vinca*, dwarf; white, pink bicolor

Space tall annuals 2-2½ feet apart, medium annuals 1½ to 2 feet apart, low annuals 10 to 12 inches apart.

***Will grow in partial shade**

◀ By including annual flowers in your plan, you can guarantee continuous color from midsummer till frost.

You might add a clump or two of the medium-tall annuals in the middle of your perennial border, for example. Or use one of the low-growers as a border edging. For even brighter color, set aside a strip along a drive or walk and plant it exclusively with annuals. The vivid border, *at left*, teams dwarf marigolds, lobelia, Royal Carpet alyssum, white petunias, and brilliant red geraniums. For a shady border use coleus, fibrous begonia, and impatiens.

Fresh-as-Spring Tableware

By Margaret McMahon

This spring you can celebrate the new season and brighten your table with delectable fruit and flower tableware that echoes nature's bounty. Look through our marketplace of charming patterns and transform your table into a garden delight.



Above: Plums, pears, grapes, peaches—a mini-market of luscious fruits flourishes on this group of tableware. The grouping includes selections from this season's crop of porcelain, crystal, ovenware, and sterling.

Top China: "Evesham" Royal Worcester. *Center* Stemware: (front) "Fair Lady Platinum" Lenox; "Bamberg" Gorham. Ovenware: "Fruit Sprays" Wedgwood. *Bottom* Flatware: (left) "Golden Tradewinds" International; "Coburg" Oxford Hall. China: "Rockingham" Spode.

Right: Renoir might have arranged the basket of fruits decorating this graceful dinnerware. You could echo the design in your table setting by using a fruit basket centerpiece and woven rush place mats.

China: "Kenmare" Noritake. Stemware: "Etcho Grapes" West Virginia Glass. Flatware: "Silver Shell" Oneida.



Right: Floral tableware patterns can be as varied as your cutting garden. To prove the point, here's a potpourri that ranges from elaborately embellished designs to delicate flower motifs. Pick your favorite and create a table as fresh as a Monet landscape.

Top shelf China: "Ming Blossom" Lenox. Stemware: (foreground) "Smithsonian" Imperial; "Lance" Durand. Sterling: "Rose Point" Wallace. *Center shelf* China: (left) "Mandalay" Robert Haviland & C. Parlon; "Henriette" Royal Copenhagen. Stemware: (left) "Saga" Hadelands of Norway; "Renaissance Gold" Fostoria. Flatware: (left) "Affection" Oneida; "Dresden Rose" Reed & Barton.

Bottom shelf China: "Arcadia" Doulton. Flatware: "Buttercup" Gorham. Stemware on tray: (foreground) "Saga" Hadelands of Norway; "Encore" Libbey; painted Sigma. Tray: Gorham. Glass vases: Durand. Ceramic vase and china in box: "Kutani Bird" Mikasa.

Buying information, page 144



Photographs: Bradley Olman

INSTALLING A SKYLIGHT

By
Carol Ann Shindelar

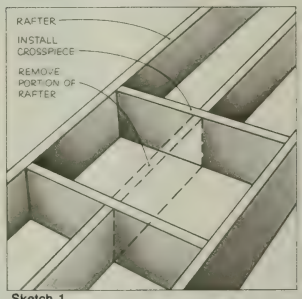
Every now and then the ready, willing, and reasonably able editors of the *Better Homes and Gardens* building department band together for a carpentry project. You saw us build a garage in the 1977 August issue and re-roof a house in April of 1978. We're back again—this time to test our prowess at installing a skylight. A trusting staff member volunteered his very dark kitchen to the group, and here's how we gave him a bright new window to the sky. Follow along if you'd like to try your own hand at this surprisingly simple home improvement project.

Early Saturday morning the members of the group gathered to map out the day's plan. We appointed a crew chief, read the skylight installation instructions, and wrote up a list of materials. Two persons were dispatched to the lumberyard, and the rest began taking measurements in the attic and kitchen.

The homeowners wanted the skylight centered over the kitchen sink and as close to the wall as possible. The joists and rafters in this particular home were placed 24 inches on center, so we used a skylight made for this spacing. That way no cutting of joists or rafters would be necessary. (But don't worry if your joists and/or rafters are 16 inches on center—we'll tell you how to handle that later. Or you could simply purchase a skylight to fit that width.)

The heat of the attic was getting to one of our crew, so we decided to cut the hole in the roof first. But you can cut the hole in the ceiling first if you prefer. To determine the sides of the proposed opening, drive two nails along the rafter up through the roof as a measuring guide for one side of the rectangle you'll be cutting. Space them several feet apart.

Out on the roof, you'll need to remove as many courses of shingles as necessary, and cut back the roofing felt at least eight inches from the proposed opening. Using the nails as guides, measure and draw the correct



Sketch 1

size opening you need on the roof decking. Let the most experienced (or most courageous) crew member cut the hole with a circular saw (*photo 1*).

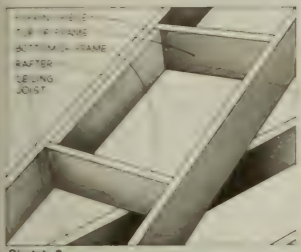
If a rafter runs through the opening (we were fortunate that none did), cut it back the length of the skylight opening and install a crosspiece, nailing to the rafters on each side for support (*sketch 1*). Use this method, too, if your rafters and joists are placed 16 inches on center and you plan to install a skylight wider than that.

Everybody gets into the act

By this time the rest of the crew were back with the materials and wasted no time getting up on the roof to help. With a level as a plumb guide, one steady-handed person marked the four corners for the opening in the ceiling (*photo 2*). The next step was to frame the roof opening for support. Because one side of the opening ran along a rafter, all we had to do was fur in the opposite side and frame the remaining two sides (*sketch 2*), using 2x6s all around.

The skylight we were installing required that a curb (actually just a 2x4 or 2x6 box) be installed on the roof around the opening. The box should be built so the inside dimensions are the same as the hole in the roof. (Depending on the brand of skylight you're in-



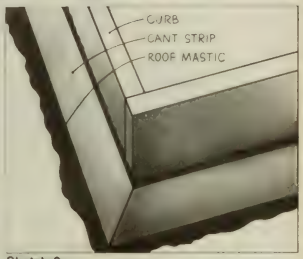


Sketch 2

stalling, a curb may not be necessary.) After applying a generous coating of roof mastic all around the hole, we set the curb in place (*photo 3*) and nailed it down.

Another coat of roof mastic followed to seal the edge of the curb tightly. Next we nailed cant strips in place around the curb (*sketch 3*), mitering the corners. Cant strips are simply pieces of 2x4 cut at a 45-degree angle

continued



Sketch 3



Photographs: William Hopkins

to form a contoured transition between the roof and the curb.

By this time we were all getting tired, so the whole crew scooted to the roof to finish up for the day (*photo 4*). The last major job was covering the curb with roofing felt.

Sliding one edge of the felt as far under the shingles as we could (at least 12 inches), we wrapped the other edge up over the curb and nailed it down with roofing nails. We applied roof mastic at each place the felt overlapped and then trimmed the edges overlapping the curb with a utility knife. Three people handled the job easily, so the fourth crew member began replacing the shingles we'd removed earlier. Then we temporarily nailed the skylight over the hole for protection until we were ready to start again in the morning.

The next day

Showers were forecast for Sunday, so we were pleasantly surprised when the day dawned sunny and warm. Anxious to cut the opening in the ceiling, the nimblest of the crew climbed into the attic and pounded four nails into the ceiling at the corners we had plumbed and marked the day before. A second person drew a square on the ceiling with a pencil and metal straightedge, using the nails as a guide.

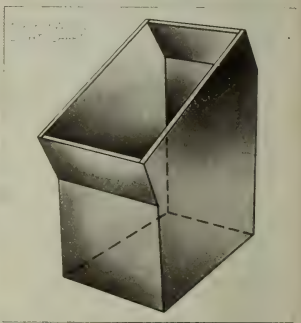
Finally, the moment we'd all been waiting for arrived, and we were ready to remove that part of the ceiling. We drilled half-inch-diameter holes in the corners as starting places and used a keyhole saw for the cut. We figured it was only fair that the person who measured the opening should cut it as well (*photo 5*). We taped up heavy-duty plastic sheeting all around to protect the cupboards and counter tops from the drywall dust.

Spurred on by the realization that we were almost through, we nailed in a furring piece and two crosspieces to frame three sides of the ceiling opening. The joist provided the framework for the other side. If it's necessary to remove part of a ceiling joist, install crosspieces following the procedure for the rafters shown in sketch 1.

The light at the end of the tunnel

The last major job was building the light shaft from ¾-inch plywood. We chose to run the shaft all the way from the kitchen ceiling to the top of the curb, so we had to make some angled cuts on the two sidepieces. If you would like to follow suit, you may want to experiment with a scrap piece of plywood until you get the angles you want (*sketch 4*).

The other two sides are somewhat easier; each side requires two pieces. Cut the larger ones to reach from the ceiling to the bottom of the curb and nail them in place. This leaves a gap of approximately six inches to the top of the curb. Cut the two remaining pieces of plywood to fit that space, beveling the bottom edges where they join the top edges of the rectangles already in



Sketch 4

place. Fill all seams with paintable silicone latex caulk. Let the caulk dry, and then paint the inside of the shaft (*photo 6*).

Details, details, details

Now we were ready to finish up the details. Out on the roof two of the crew spread clear silicone sealant on the top edge of the curb and pressed the skylight in place. We used wood screws to secure it to the curb; our skylight had pre-drilled holes around the flange, so it was a simple matter for one person to hold the skylight firmly down while another screwed it in place (*photo 7*).

Meanwhile, two others took care of the finishing details in the kitchen. We trimmed the edge of the skylight with 2¼-inch trim mitered at the corners (*photo 8*), painted it, and gave the light shaft a second coat of paint. We also insulated around the light shaft.

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GOOD NEWS

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Speaking speller



An amazing electronic voice from this learning aid asks your child to spell one of 200 words and speaks the letters as the child presses the letter buttons (letters also are displayed on a screen). Then the voice declares the spelling right or wrong; if wrong, it gives the correct spelling. The instruction book that's included describes several spelling games.

Speak & Spell, about $55. Texas Instruments Inc., P.O. Box 10508, Lubbock, Texas 79408.

Palm-size phone

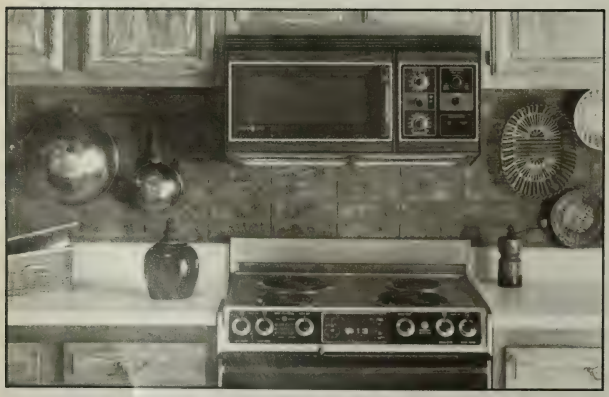


Photographs: William Hopkins

Are you considering buying a phone to reduce your monthly bill? Here's a model that won't take up much room on your bedside table. Only seven inches long, the phone has a dial cover that flips open when you pick up the phone. Your voice is received through a tiny hole in the end, and a switch lets you shut off the phone when you don't care to receive calls.

Flip-Phone, about $60. GTE Consumer Products Div., P.O. Box 2369, Northlake, Ill. 60164.

Hang-up microwave oven



Now a microwave oven doesn't have to gobble up your precious counter space. This unit attaches to the cabinets or wall above any electric range and doubles as a vent and light for your range top. And the oven/vent will fit into any kitchen remodeling or new home plan. A 30-inch-wide mounting sleeve containing the vent and light installs first, then the oven slides into the sleeve (two other popular range hood widths also can be accommodated with side filler panels). The oven features an extra wide cavity that can hold two eight-inch dishes side by side; time and temperature-probe cooking; and three cooking power levels.

Spacemaker Microwave Oven, about $550. General Electric Co., AP-4-2068, Louisville, Ky. 40225.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

continued

Benson & Hedges Lights

Only 1 mg ar

"B&H, I like your style."



BENSON & HEDGES Menthol 100's

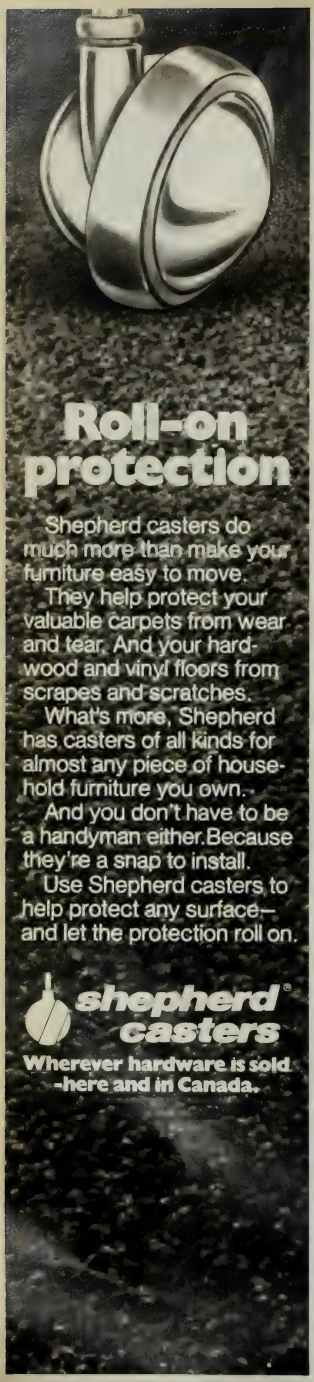
LIGHTS

BENSON & HEDGES 100's

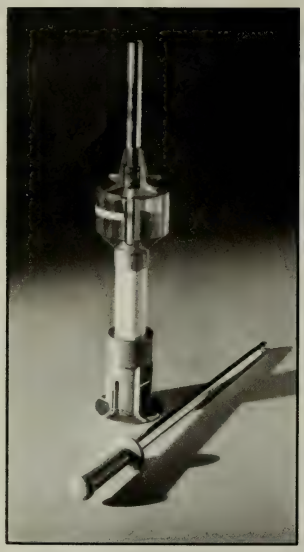
B&H 100's LIGHTS

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

11 mg "tar" 0.8 mg nicotine av. per cigarette, by FTC method



GOOD NEWS



Pogo stick planter

With this hand seeder, planting a garden can be as easy as pushing on a pogo stick. Each time you place the seeder over a tilled and smoothed spot in your garden and depress the handle (shown detached from the seeder), small jaws deposit a single seed at the proper depth. When you release the handle, the jaws pull dirt over the seed. You finish covering the seed by brushing any raised dirt about the seed hole with your foot or a rake. You can adjust the seeder's hopper to dispense almost any size seed, from lettuce to lima bean. And you can adjust the planter to bury seeds at any of four depths—one-fourth inch to one inch.

Lambert Golden Harvest Hand Seeder, about $24. Lambert Corporation, 519 Hunter Ave., Dayton, Ohio 45404.





Sweeter sweet corn

This hybrid sweet corn seed produces ears that keep their "just-picked" flavor longer (even after freezing), so you can still serve fresh corn several days after it's picked. The reason for the lasting sweetness is that 25 percent of the kernels contain a unique type of sugar that doesn't turn to starch the way sugar in other sweet corn does. These extra sweet kernels darken when frozen *(lower photo)* but the dark color disappears during cooking. Unlike some hybrids with low germination, almost all of these seeds will germinate in seven to ten days after planting. You can harvest the sweet corn in 80 to 85 days after planting.

Honeycomb Sweet Corn, about 98 cents (2 ounces), 49 cents (¾ ounce). Northrup King Co., 1500 Jackson St. N.E., Minneapolis, Minn. 55413.

EUREKA

The Eureka Company, Bloomington, IL 61701 Division of National Union Electric Corp. In Canada: Eureka Division, Dominion Manufacturing Co., Ltd., Kitchener, Ont.

We dare dirt to hide from it!



50% Extra Suction Power*

Eureka E.S.P. model 2087



Extra power drives it for more beating/brushing action than previous uprights from Eureka. Beater bars loosen ground-in dirt. Brushes whisk dirt out. Eureka Extra Suction Power draws dirt away.

with new Eureka *E.S.P.* Upright Vacs

Hidden dirt and deep-down grit that can damage carpets. You get out both with Eureka. And now, with *E.S.P.*, only from Eureka, you get ***Extra Suction Power, 50% more suction power on the average than previous uprights from Eureka.**

Simply flip the handle switch to turn on extra power, extra beating and brushing action. Dirt you can't see comes out and up into the big, top-loading Eureka dust bag.

Switch to this new Eureka vacuum cleaner with *E.S.P.* and dare dirt to hide from it! ***Ask for a demonstration at your Eureka dealer.***



EUREKA

Discover a better way



ORTHO® Malthion Insect Spray* is a remarkable multi-purpose insecticide for home use. It controls a wide variety of the insects that attack fruits and vegetables to give you a more appealing harvest. It helps you grow a crop you can take real pride in, not just at your own dining room table, but for those you share with your neighbors.

Apply ORTHO Malathion with the ORTHO SPRAY-ETTE 4. It has a patented internal metering jet to assure mixing accuracy under varying water pressure. It's designed to attach to an ordinary garden hose.

*ORTHO Malathion is made from CYTHION Insecticide "The Premium Grade Malathion." Talk to your ORTHO dealer.



Chevron
ORTHO
Chevron Chemical Company

AVOID ACCIDENTS. FOR SAFETY: READ THE ENTIRE LABEL INCLUDING WARNINGS. USE ALL CHEMICALS ONLY AS DIRECTED.

TM'S: ORTHO, CHEVRON AND CHEVRON DESIGN-REG. U.S. PAT. AND TM. OFF. CYTHION AND THE PREMIUM GRADE MALATHION ARE REGISTERED TRADEMARKS OF AMERICAN CYANAMID COMPANY

Our concern for gardens is always growing.

CRAFTS

Tissue paper collage

If you're looking for an easy and inexpensive craft, try tissue paper collage. It's an amazingly versatile medium that can be used to decorate everyday items around the house.

What is a collage?

The word "collage" is derived from the French word *coller*, which means to stick or glue. You glue various papers or flat objects to a stable surface to form a new composition, or collage. The advantage to tissue paper collage is that it is translucent, and overlapping papers form new colors.

Preparing a background

A "ground" or backing for collage should be firm so that it doesn't warp, and lightweight enough to be displayed. Hardboard, plywood, plastic, canvas board, and stretched canvas are all good backgrounds. Heavy cardboard may warp since it absorbs moisture.

Selecting adhesives

Polymer adhesives are popular because they dry to a strong, clear, waterproof finish. They're made with synthetic resins and water, and can be thinned to desired consistencies.

Acrylic adhesives are slightly more permanent. They resist cracking and yellowing, and can be applied with a paintbrush directly from the container.

Both polymer and acrylic adhesives are available at art supply stores.

Applying the design

Arrange the tissue paper on the ground until you have created a pleasing pattern. Or work from a sketch, and tear tissue paper pieces as you go. Keep in mind that you can combine the pieces to form other colors.

Carefully pour adhesive over the area to be worked and spread the adhesive evenly with an easy-to-clean nylon-bristled brush. Lay the tissue paper over the glue, working quickly so the adhesive doesn't dry before you have applied the design. Continue adding glue and paper until the design is complete. Finish with another coat of adhesive and let it dry. ■

Close-out Special on Isabella and Vinland

in Oneida Community Stainless

Last chance to fill out your set before these patterns are discontinued.



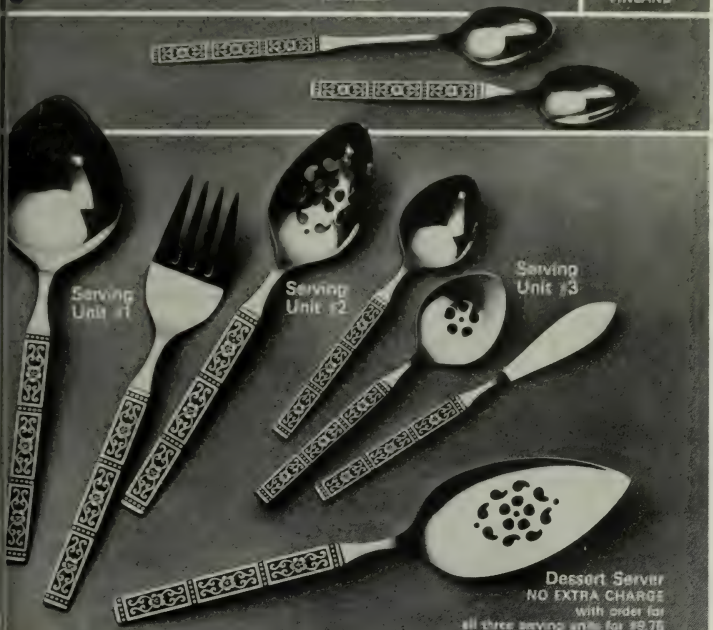
Over the years, many Betty Crocker coupon savers have selected our handsome Isabella and Vinland patterns to grace their tables. However, to keep abreast of changing preferences we must provide new patterns for our coupon savers.

As a final toast to Isabella and Vinland, we make this special close-out offer which gives you an opportunity to complete your set or to add those pieces you've always wanted — at special savings! No coupons are required — but there is a definite time limit, so better order soon.

Betty Crocker®







General Mills, Inc.
Box 194, Mpls., MN 55460

Name_____

_____

Address_____

_____

City_____

State_____

*Zip_____

I enclose $_____ (check or money order) to cover purchase of stainless items as indicated below:

Pattern Choice: □ Isabella □ Vinland

(No. of units desired)		1 Only	2
1 ____	5-p. place setting(s) (with hollow-handle knife as illustrated)	$4.75	
2 ____	Unit(s) of 4 dinner forks	$3.25	
3 ____	Unit(s) of 4 salad forks	$3.25	
4 ____	Unit(s) of 4 teaspoons	$2.75	
5 ____	Unit(s) of 4 dessert/soup spoons	$3.25	
6 ____	Unit(s) of 4 hollow-handle knives	$6.50	
7 ____	Unit(s) of 4 solid-handle knives	$5.25	
8 ____	Unit(s) of 4 iced drink spoons	$3.50	
9 ____	Unit(s) of 4 fruit spoons	$3.50	
10 ____	Serving unit(s) #1 Large serving spoon	$2.25	
11 ____	Serving unit(s) #2 Cold meat fork, pierced serving spoon	$3.25	
12 ____	Serving unit(s) #3 Sugar spoon, jelly spoon, butter knife	$4.25	
13 ____	THE WHOLE WORKS All 3 serving units *plus* bonus dessert server	$9.75	

No coupons necessary. No limit of quantities on this offer. To assure delivery, give zip code. Offer good only within U.S.A. Satisfaction guaranteed—or for full refund return order within 10 days. Offer expires June 18, 1979. Please allow up to 6 weeks for shipment.*

© General Mills, Inc. 1978

Tongue-in-cheek touches

When it comes to decorating, don't hesitate to let your sense of humor take over every so often. A little imagination and a touch of whimsy can add unexpected personality to a room scheme. Here are three examples of fanciful and fun decorative effects.



Photograph: Maris/Semel. Design: Dan Poole. Source: Ruth L. Grenci

Right: At first glance, you might expect the small pooch on the bottom shelf to jump right out of its hiding place. But what looks like a costly breakfront is really a clever paint-on that fronts a built-in closet. The realistic mural displays china, books, photographs—even a basket overflowing with a jumble of mail. The hidden closet adds much-needed storage space, and the exterior extends only six inches into the small bedroom. Doors are fitted with hidden magnetic catches. Although this painted design is the work of a professional artist, the idea could be duplicated with a store-bought wall mural or a painted graphic.



Photograph: Fred Lyon. Design: Suzanne Bringham. Source: Barbara East Cathcart

Below left: This lazy lady and her snazzy hat collection create an eye-catching vignette in one corner of a master bedroom. The functional "hat rack" is actually an old dress form purchased from a secondhand store. Large pins hold the hats securely in place. When the real occupant of the house wishes to read or sew in the cushioned antique rocker, the contemporary brass floor lamp provides ample illumination.



Photograph: Fred Lyon. Design: Judi Hinkle. Source: Barbara East Cathcart

Below right: Creating a decorative surprise can be as easy as combining familiar objects in unexpected ways. Instead of opting for a hanging plant or other conventional treatment to fill in an empty bedroom corner, this homeowner put her imagination and some attic treasures to work. The result is a charming and comfortable nest for a contented ceramic feline.

New.



After 1,000 dishwasher cycles.



After 1,500.



After 2,000.



As you can see, the patterns on CORELLE® livingware last for years.

This simply isn't true of a lot of other dinnerware.

But that's only one of the reasons why 1 out of every 5 homes owns CORELLE livingware.

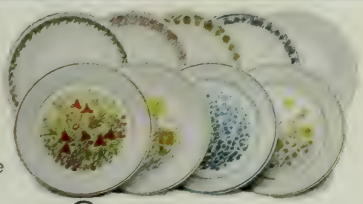
It's beautiful. Each piece has the whiteness, translucence and delicate feel of fine china.

But it's tough. Made to survive ovens, butterfingered husbands, years of breakfasts, lunches, dinners and snacks—without chipping or fading.

Accessories and open stock are available so you can add to your set at any time.

CORELLE livingware and CORELLE Expressions™ livingware make great gifts, in 10 patterns. Choose yours carefully. It lasts a long time.

CORNING



Corelle® livingware

*Unretouched photo of plate after laboratory test simulating 2000 dishwasher cycles.

CORELLE is a Registered Trademark of Corning Glass Works, Corning, N.Y. 14830.

Ford's The

Maybe that's because Ford

'79 Pinto.
More cargo room for the mone
than any small American wagon

Passenger room for 4 or 57.2 cu. feet of cargo space! Pinto–best selling small American wago

All-new '79 Ford LTD.
More room for the money than any full-size wagon.*

Up to eight passengers or 91.7 cu. feet of cargo space.† LTD—A new wagon for the American road.

*MVMA Figures with rear seat folded down. †Based on R. L. Polk registrations calendar year to



Dual facing rear seats. Exclusive option with Ford wagons. Seat cushions removable for more under floor storage.



Unsurpassed station wagon cargo room. LTD wagons have room for 4 x 8's to lie flat between the wheelwells.



Lockable side storage box. Stan on LTD. Option on Fairmont. Sto valuables safely out of view.

Since 1949 Ford's sold over 1 millio

/agonMaster.
/agons give you so much room.

'79 Club Wagon.
Ford's roomiest wagon.





'79 Fairmont.
More room for the money than any mid-size wagon.*

Five passenger room or 79.1 cu. feet of cargo space† Fairmont—America's best selling mid-size wagon‡

FORD WAGONS

FORD DIVISION Ford

*On comparison of EPA volume index and sticker prices†



Interior Luxury Group option. Individually adjustable reclining split bench in velour cloth or supersoft vinyl.



Rear wiper/washer, electric defroster optional on Fairmont. Defroster standard on Pinto, optional on LTD.



Quad Captain's Chairs and Game Table. New available options. See your local Ford Dealer for full details.

More wagons than anyone else.

Simple.



Sensational.



Bisquick® makes one as easy as the other.



Brighten up your day with a delicious Apple Downside-Up Cake. Or top off some fluffy Bisquick pancakes with apple sauce. Four easy steps is all it takes.

Prepare pancakes as directed on package of Bisquick baking mix. Top with applesauce.

With over 45 years of quality and experience, Bisquick makes it easy to make it special.

APPLE DOWNSIDE-UP CAKE

2 tablespoons margarine or butter
¼ cup packed brown sugar
2 medium apples, sliced
2 cups Bisquick® baking mix
2 tablespoons granulated sugar
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 egg
⅔ cup water or milk

Heat oven to 400°. Heat margarine in round layer pan, 9x1½ inches, in oven until melted; sprinkle with brown sugar. Arrange apples on sugar mixture in pan. **Mix** remaining ingredients; beat vigorously 30 seconds. **Spoon** batter over apples; spread evenly. **Bake** until wooden pick inserted in center comes out clean, 25 to 30 minutes. Loosen edges of cake; invert on heatproof serving plate. Serve with sweetened whipped cream if desired. 6 to 8 servings.

High Altitude Directions (3500 to 6500 feet): Heat oven to 425° © General Mills, Inc. 1979

Bisquick. Something good always comes of it.™

FOOD

How to cook a whole lobster

Boiling lobsters may sound like a formidable job, but if you follow these step-by-step directions, you'll feel like a real pro.

Step 1: Buy live lobsters on the day they'll be served; keep chilled till cooking time in a large bowl. In a large kettle bring 12 cups *water* and 1 tablespoon *salt* to boiling. Hold lobster just behind the eyes; rinse under cold running water. Drop it head first into the boiling water. Add second lobster.

Step 2: Return water to boiling. Reduce heat; simmer, uncovered, 20 minutes. Remove lobster with tongs.

Step 3: Place lobster on its back on cutting board; halve lengthwise with poultry shears, leaving back intact.



Step 4: With a knife cut away membrane on the tail to expose meat.

Step 5: Remove the black vein that runs the length of the body and all organs in body cavity near head except the red coral roe (only in females) and liver which are delicacies.



Photographs: Dieter

Step 6: Crack open large claws with a nutcracker; remove from body.

Step 7: Use a seafood fork to remove meat; dip in melted butter. Pull off smaller claws; suck out meat. ■

"THE CARRIER HEAT PUMP HAS HELPED US SAVE ENERGY COSTS YEAR ROUND."

Mr. and Mrs. Roger Staubach, Dallas, Texas



"Our family, like yours, has done a lot of little things over the years to try to save energy. But we never really saw much difference. We just couldn't seem to offset the rising cost of energy.

"But when we added a Carrier Year-round One Heat Pump air conditioner to our gas heat, warm air system, we saw the benefits immediately.

"While Dallas' fuel rates and fuel bills skyrocketed during the coldest winter we ever had, our heating bills only went up a little bit. I'd hate to see what they would have been without Carrier.

"So when we moved into our new home a few months ago, I made sure it would be heated and cooled entirely with Carrier Heat Pumps. I know we'll be getting the same kind of efficient heating and cooling we got last year.

"We're really pleased with the results and service we've gotten from Carrier. With all of Carrier's expertise in both air conditioning and heating, we think Carrier is the only way to go.

"Let a Carrier Heat Pump air conditioner help you save energy costs, too. Call your Carrier dealer today. He's in the Yellow Pages."



WE CAN'T CONTROL THE WEATHER. BUT WE CAN HELP YOU CONTROL ITS COST.

Number One Air Conditioning Maker

Carrier

Division of Carrier Corporation

COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

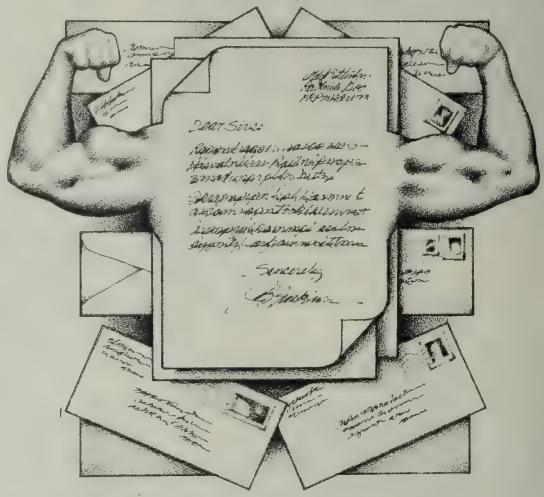
Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

So when you want a lift, take Vivarin. It's convenient, inexpensive, easy to take, and it really works.



Read label for directions.

Complaint letters with CLOUT



At one time or another you've probably wanted to write a complaint letter about a faulty product or unsatisfactory service. If you fired off a letter without first collecting your thoughts and setting your objectives, the results were probably less than satisfactory. But a well-written complaint letter often can resolve your problem.

To be effective, a consumer complaint letter should be clear and businesslike, and it must reach the right audience. Here's how to make your letter measure up on all counts.

Use a businesslike tone

When you're writing a company about a defective product or an unsatisfactory service, your first impulse may be to "tell them off." Doing so will probably make you feel better, but your letter isn't likely to get the results you want. It's much more constructive to be firm without becoming hostile. When you describe your situation in an objective, businesslike manner, you're likely to be viewed as a reasonable person requesting a fair settlement. If you fly off the handle, the reader may size you up as a "crackpot." Remember: Anger doesn't help.

Make the letter look professional

Like it or not, a letter typed neatly on good paper is likely to get more respectful attention than a hand-scrawled note that is difficult to read or smacks of anger. Use plain white paper, unless you have some stationery that identifies you with a business or organization such as a local community club or the school board.

State your objectives clearly

Surprisingly, many consumers write complaint letters that never spell out what it is they want as a result of the letter. Begin by stating the exact nature of your problem, when and where you purchased the product, and how much you paid for it. Your home address and phone number are also necessary. Next say (in reasonable terms) *exactly* what must be done to settle the problem to your satis-

continued

Drawing Graphic Communication

THEY ALL STARTED WITH A CAN OF SPAM®.



EGGS À LA SPAM®

1 can (12 oz.) SPAM Smoke Flavored Luncheon Meat
4 English muffins
4 poached eggs
Hollandaise Sauce or Cheddar cheese soup

Toast muffins. Slice SPAM and brown in hot skillet. Place muffins on plate. Top with SPAM, then a poached egg. Top with sauce or soup. Makes 4 servings.

SPAM® POLYNESIAN

1 can (12 oz.) SPAM Luncheon Meat
1 can (20 oz.) pineapple chunks
2 oranges
2 onions
2 green peppers
1½ cups canned or homemade sweet and sour sauce
3 cups rice

Cut SPAM into ¼" slices, brown in pan and remove. Sauté pieces of green pepper, orange, drained pineapple chunks and onion until partially cooked, about 5 minutes; remove. Heat 1½ cups sweet and sour sauce, stirring constantly until sauce thickens. Add the fruit, vegetables and meat; simmer until hot. Serve over rice. 4-6 servings.

CALIFORNIA SPAM® SANDWICH

Put sliced SPAM Luncheon Meat on thick bread toasted in frying pan, top with sliced tomato and sweet Bermuda onion. Top with your favorite process cheese; broil until heated through and sizzling.

SPAM® is a registered trademark for a pure pork product packed only by Hormel



SPAM® Luncheon Meat is a delicious blend of pork shoulder and ham that does a lot more than make great tasting sandwiches.

Hormel

continued

Complaint letters with clout

faction; otherwise, the recipient will have to guess at what will satisfy you. If you want a replacement for a product, say so. If you feel a refund is in order, state that. Even if a company cannot meet your demands, it may offer an acceptable compromise.

If the company requests evidence such as sales slips and warranties, *send copies. Never* send the originals.

Write to the right person

For small matters or complaints that you expect to be settled quickly and easily, write to the "Consumer Services Department" at the home office of the company in question. You can find the address on the product or in such references as *Standard and Poor's Directory of Corporations, Directors and Executives,* or Macmillan Publishing Company's *Consumer Complaint Guide.* Your local library probably has copies. For complaints that you suspect may be more difficult to settle, follow these rules:

- Send your letter to the president of the company. Address the letter to the president by name rather than sending it to "President, XYZ Manufacturing Co." (Find the president's name in the directories mentioned above.)
- Always send at least one copy of your letter to an outside agency and be sure to list all the agencies on the bottom of your complaint letter. Doing so will give you a psychological advantage because it will tell the president of the company that such copies exist and that other people will be watching his response. One good place to send a copy is the Better Business Bureau (BBB) in the company's hometown, but don't stop there. Consider sending copies to the Consumer Protection Department of your state attorney general's office as well as one or more of the federal agencies that exist to protect consumers, such as the Consumer Product Safety Commission, Federal Trade Commission, and Food and Drug Administration. Your library can supply addresses.
- If your letter brings an unsatisfactory reply, or no reply within two or three weeks, it's time for a follow-up letter. The tone of this letter should be firm, but still not hostile. Make it clear that you want to be fair about the whole matter, but you expect the company to be fair, too.

Mention that you have received an unsatisfactory reply (or no reply), and briefly recap the details of your complaint. Send the follow-up letter to the company's president and a copy to the Better Business Bureau (and perhaps other agencies). The copy you send to the BBB should have a *brief* cover letter asking them to assist you in settling your complaint. Quite often, the BBB office will contact the company and your problem will be quickly resolved.

What if letters don't work?

If your letters still don't bring the desired results, you have several other options.

- Bring your problem to the attention of the media, such as the consumer action column in your local newspaper and similar features on TV or radio. Most businesses dislike this kind of publicity and try to quickly resolve a consumer problem mentioned in the press or on TV or radio.

Your local Better Business Bureau office or state attorney general's office can supply information on how to take your grievance to small-claims court or submit your problem to arbitration.

For more information

You'll find many good books about how to protect your rights as a consumer, but one excellent new volume is "The Purple Pages," by Jeffrey Feinman, published by Hawthorn Books, Inc., 260 Madison Avenue, New York, New York 10016 ($6.95). In addition to providing useful information on how to make your complaints count, the book lists many names and addresses—local and national—of government, industry, and corporate organizations. It also includes details on small claims court practices, state by state. ■

(Produced in cooperation with James J. Franxman)





THE BEST COCKTAILS YOU NEVER MIXED.



Quality, pre-mixed cocktails you'd be proud to call your own.

Each one serves two. Just open and enjoy. From 25 to 40 proof.

COCKTAILS FOR TWO®

GARDENING IN APRIL

In many parts of the country, April signifies the beginning of another vegetable gardening year. Cool-season crops like potatoes, peas, onions, and Swiss chard can be planted now for big harvests later in the season. But before you start to plant any of these crops, check out our planting tips.

Root-crop tips

Potatoes grow well in almost any type of soil, but they do best in soil with a slightly acid pH. Potatoes grown in alkaline soil are more likely to be attacked by potato scab disease. If your soil is poor or heavily compacted, work several inches of well-rotted manure or compost into the soil.

For best results, you can start potatoes from commercial seed potatoes or from prepackaged potato sections or "eyes." Don't try to use potatoes sold for eating purposes, because they are often treated to retard sprouting.

To plant, cut seed potatoes into sections, making sure that each section contains at least two eyes or growing points. Then let all the newly cut sections air dry several hours before planting. Dig a trench six inches deep and place the potato sections cut side down, spacing them every 15 inches. Cover the row with soil. Space potato rows about 30 to 36 inches apart.

Start onions by planting sets, seedlings, or seeds. Sets are actually dormant onion bulbs saved from the year before by commercial growers. By planting sets, you'll be sure to get large, well-formed bulbs by the end of the season. They can also be pulled mid-season for table use. Seedlings are young plants that have been started early in the South and shipped to the North for spring planting. These are especially popular because they can be pulled early for use as scallions, or they can be allowed to mature for table use or winter storage. Seeds are slow to germinate, but once started, they produce a late crop perfect for storing.

As soon as the soil can be worked in the spring, plant sets or seedlings one inch deep and about four inches apart. With sets, be sure the pointed ends are up. If you're starting your crop from seed, sow in well-marked furrows as soon as possible in the spring.

Cool-season favorites

Peas are another cool-season crop that should be planted as soon as possible in the spring. You can plant peas in single rows, but you'll get more yield per square foot of garden space if you plant them in wide rows. Simply scatter-sow seeds one inch deep in a 12- to 15-inch-wide furrow; then cover.

Carrots and radishes are often best planted together. Mix the seeds half and half before planting. Then sow the seeds thinly about ½ inch deep in a ten- or 12-inch-wide row. The radishes will sprout quickly and will be gone before crowding becomes a problem with the slower germinating carrots.

Swiss chard and beets can be planted single file or in a wide row. Each "seed," however, is actually a capsule containing four to eight true seeds, so sow the seeds thinly. Plant both Swiss chard and beets ½ inch deep and cover with fine soil or sand. ■

Use the treatment hospitals use for hemorrhoidal irritation.

For problems such as hemorrhoidal irritation, where itching, burning and discomfort occur, 2,500 hospitals throughout the U.S. choose Tucks pre-moistened pads. With good reason.

Developed by a doctor to soothe, cool and help relieve itch and irritation in one of your most sensitive areas. Tucks pads are specifically designed for extra softness, to allow the gentlest possible application of a special soothing, cooling solution. That's why they relieve discomfort so effectively, even for people who also use ointments or suppositories.



Hygienically cleansing. Inadequate hygiene can cause annoying hemorrhoidal irritation. But with the helpful cleansing action of Tucks, irritation can often be stopped *before* it starts.

Tucks pads come in jars of 40 and 100, and in individually wrapped Take-Alongs. So you can always keep a supply handy.

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Buying asphalt shingles without knowing what to look for is playing "roofing roulette." Mistakes can be very costly.

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FURNISHING A FIRST HOME



Furnishing a house "from scratch" without blowing your budget can seem like an impossible assignment. Where do you start? How can you tell the "good buys" from the lemons? How much will it all cost? Of course you want to make your new home comfortable and attractive as quickly as possible, but this is no time to rush. Instead, take time to analyze your needs and plot your course. Here are some guidelines.

Consider your life-style

Think about the questions we've listed below, and write down your answers. If you will be sharing your home with a spouse or a friend, answer the questions together. The results should give you a good idea of what type of home will best suit your way of life.

Do you want to live and entertain casually, or in a more formal style? Do you prefer to have frequent small sit-down dinners or occasional big cocktail parties? Furniture is available to simplify both ways of life. Dining room furniture may be a priority for one type of entertaining; lots of casual seating and snack tables or a big coffee table for the other.

Are you a "private person"? Do you dislike sharing your "space" with too many others, or are you the gregarious type who enjoys having friends and family drop in at any time? Lots of company may demand more durable and versatile furnishings.

What do you enjoy doing at home? Do you like to read, converse, listen to music, watch TV, refinish antiques, work on hobbies, play bridge? You will want to provide functional areas for favorite activities; remember that some leisure-time pursuits have special storage requirements.

Do you expect to move frequently? If so, you will want to inspect the array of knockdown furniture that can be packed flat and assembled or taken apart in minutes. If you opt for conventional in lieu of quick-assembly furnishings, you won't want an extra long sofa or a big breakfront, for example.

Do you expect to share your home with children or pets? Both are potentially hazardous to furnishings. If your household includes either or both, plan to buy durable pieces with easy-to-clean or soil-proof fabrics, at least for some areas of your home.

What colors do you like? Before you start shopping, have some fairly definite color preferences in mind. Check your wardrobe. The colors you wear probably are the ones you are comfortable with.

You might consult an encyclopedia or decorating book for information on how humans react psychologically and physically to different colors. Some colors open up space visually or make a room appear smaller and/or cozier, while others create an enlivening or calming ambience.

How much space will you have? The size of your home will both expand and limit your choices. Several spacious rooms mean you can use large furniture—an armoire or a big seating pit—that you could not consider for an efficiency apartment. However, it also means you will have to spread your funds over a wider area, which brings us to the next key question:

How big is your budget?

A novice shopper may be surprised at how much furniture costs—and skimping on major furnishing items isn't advisable if you expect to live with them a long time. Start by figuring out how much you can spend now, and how much you can add in the next few years. Unless your budget is ample, you would be wise to furnish in stages—first with the necessities, then with additional items of comfort, and finally with accessories that will give your home sparkle and personality.

Professional interior designers advise spending around 65 percent of the furnishings budget on furniture, about 20 percent on the background (including floor covering, painting, and win-

continued

Drawing: Hellman Design



Introducing The Lemon Dream Pie.

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Now you can make a truly great lemon pie that's deliciously creamy, yet incredibly light.

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Dream Pies. The creamy light differe

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Take a notebook along when you shop. If you see sor thing you like, jot down the facts, such as the size, col style, price, catalog number, and the names of the st and manufacturer. Floor samples have a way of disappe ing if you come back to buy them later. Collect swatche fabric and carpeting, and wallpaper and paint samples, t you like and clip pictures and floor plans of rooms t appeal to you.

If you are inexperienced in decorating and worried ab your judgment, you might be wise to consult an interior signer. In the long run, he or she may save you from mak costly mistakes. Some designers don't charge for th advice; they depend on the profit from the furnishings th sell. If you don't want to buy from a designer, he or she m charge you from $25 to $100 an hour for consultation a perhaps will even draw up some color plans for you to foll

Many large stores have decorating studios and home pl ning centers where you can find help with room schemes a professional interior designer from the store's staff sper much time with you, you are expected to buy some of y furnishings there. Don't overlook all those model rooms a vignettes in the stores. They were put together by pros, w selected colors and furnishings that work well togeth Everything displayed should be available in the store.

Window-shop wherever you please, but when you're rea to buy, deal only with stores or interior designers with a r utation for integrity and reliability. An established dea will stand behind his product if something goes wrong.

continued

continued

Furnishing a first home

dow treatments), and the remaining 15 percent on accessories. Kitchen and laundry appliances are not included, on the theory that most apartments and even some houses already have such equipment in them.

If possible, wait for sales to buy major items of furniture. Most furniture is marked up 100 percent from the wholesale price, so there's a chance it will be cut in price by as much as 60 percent at clearance or inventory time. The best furniture sales usually are in late January and June, after

national

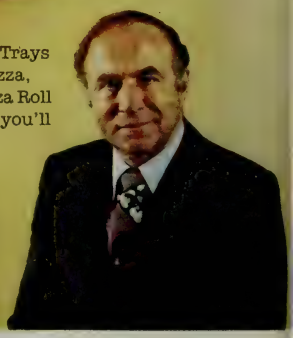
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Jeno

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The New Chevrolet offers the kind of features people need and want in a wagon. Everything from trim, contemporary styling to plenty of practical room.

There's a convenient three-way door-gate, a four-foot-wide cargo area and even two lockable rear storage areas. Plus more.

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Underfloor Storage. On 2-seat models, 8.0 cubic feet of lockable storage under the rear cargo floor (less on 3-seat models).

Chevrolet
Wagon Stop

continued

Furnishing a first home

Ask about the store's warranties and about its policy regarding returns and repairs. There may be a time limit or a charge for service.

Check hangtags and labels attached to mattresses and upholstered furniture. Sometimes there are cutaway models in stores so you can inspect interior construction. Ask to see brochures and manufacturers' catalogs to check on furniture specifications.

If you have access to your new house, measure each room carefully and prepare a set of floor and wall plans on graph paper for each room. Include windows, doors, and architectural jogs.

You can sketch in the furniture or make paper cutouts to scale. Take a tape measure with you as you shop.

Walls and floors

It will be helpful to remember that it will add $50 to $100 per room to your costs if you have to paint or wallpaper, depending on how much work you can do yourself. New carpeting will add about $500 to $1,000 per room, depending on its size and the quality of the carpeting.

Draperies, curtains, and blinds can also be expensive, especially if you have a lot of windows. Fortunately, the uncluttered no-curtain look is popular, with plants, macrame hangings, or just the view to offset the bareness.

Immediate necessities

If your home is to be livable and comfortable from the beginning, there are some essential items of furniture to consider. These include something to sleep on, a table and chairs for dining, upholstered chairs or a sofa for reading and lounging, a place to store your clothes, and lighting of some kind.

Of course, a "necessity" for you may be an Oriental rug or one wonderful painting or an antique pine table. If so, you may have to limit your purchases in other areas for a while, perhaps with paint-it-yourself storage units or with a card table for dining and floor cushions for seating.

Include any important choices in your overall plan.

Unfortunately, most of the items considered necessary, at least for comfort, are the ones that will take the biggest bite out of your home furnishings budget.

Inexpensive sofas, cabinets, and mattresses and box springs are not good investments. These items should be durable, so it's better to pay more and get sound construction and quality materials.

This does not mean you can consider only the luxury lines, however. Several reliable manufacturers offer well-made moderately priced groups.

If you are interested in period furniture, do some research, so you will know if the reproduction or adaptation is true to the spirit of the period.

You also can furnish some parts of your home with budget-priced outdoor furniture that will move to a future patio, or with low-priced basketry furniture, or with a studio couch

continued

Pretend it's a festive occasion and break open a bottle of our Brandy Alexander. Chocolaty. Creamy. We've added the liquor. You may want to add ice. Nice idea.



THE HEUBLEIN BRANDY ALEXANDER

continued

Furnishing a first home

that will fit in a future guest room/den.

Look for temporary items in your grandmother's attic, and at garage sales or thrift shops. Sometimes these fill-in items turn out to be treasures.

If you are buying major furniture pieces for the first time, here are features to check:

Sofas and chairs—These should feel comfortable when you sit on them and have the right support for your back, head, thighs, and legs (if the units are recliners).

Tailoring and upholstery should be precise, with patterns well matched and seams neatly sewn. Tightly woven fabrics will be more durable than fabrics with a loose, open weave.

The frame should be of kiln-dried hardwood, doweled and corner blocked. The blocks should be glued and screwed in, not merely nailed on.

The best quality upholstered furniture is made with springs of tempered steel, placed close together and firmly anchored to the base. Each spring should be firmly tied or clipped together with metal clips and secured to the frame.

A generous amount of filling should be used. Protective padding of urethane or latex foam, cotton, or down (in luxury lines) should cover springs and filling, to prevent the edges of the frame from wearing through the upholstery covering and to ensure smooth, comfortable surfaces.

You can buy a fairly good sofa for around $300 and a well-constructed lounge chair for $150, but these will not have the high-quality features you will find in a $600 or a $250 chair. Buy the best you can afford.

Sofas and chairs that you assemble yourself will be lower priced—20 to 40 percent below the cost of a factory-assembled item of similar quality. Some quick-assembly furniture is of quality construction, but some is simply inexpensive and is not meant to last for years.

If you are buying dining chairs, you need not match them to the table. One or two comfortable side chairs with arms could be a good choice, since they can move from table to the living room when needed.

Cabinets and chests—Check the joints. Butt joints, where two pieces of wood are simply placed together and secured, are the weakest. The strongest joints are mortise and tenon joints, where one piece of wood is fitted and glued into a hole in the other piece of wood. Double-dowel joints, dovetail joints, and tongue-and-groove joints are also used in quality pieces.

Other signs of quality construction are corner blocks that are glued or notched and screwed in place; center or side guides (preferably of wood) for easy drawer operation; dust panels between drawers; and drawers that are cut accurately to fit the space.

Check to be sure that cabinet doors hang straight and open easily, and that hinges are strong enough for the weight of the doors.

You can rely on the hangtag. If it says "mahogany," the furniture is made of mahogany. However, read the tag carefully. "Mahogany finish" is not the same thing, and "simulated wood components" means plastic.

Fine hardwoods should be used, and the finish—whether it's lacquer, varnish, oil, or polyurethane—should look clean and feel satin smooth.

If your new home is equipped with built-in drawers and shelves, you may not need many storage units. Figure out what your storage needs will be and buy furniture to fit.

Modular cabinets that reach to the ceiling or wrap around the walls are great space savers. You can buy one unit or a dozen, as your needs and budget dictate. Most modulars (except for ready-to-assemble units) are fairly expensive, however.

Storage chests and cabinets are available at any price, from $30 for a small wood chest to $5,000 for an impressive armoire or breakfront.

Chests and cabinets are items you will use for years, so shop for them carefully. If you have to cut corners, fill in with unfinished furniture from the local lumberyard, department store, or mail-order catalog store. You can find good solid unfinished chests for $50 to $65.

Mattress and box spring—This is one place you should not skimp. Buy a

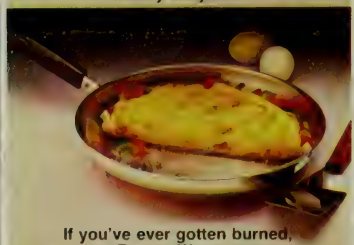
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Give your Revere Ware a regular whipping. It can take it.


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continued

Furnishing a first home

good mattress and box spring, even if you can't afford any other pieces of bedroom furniture.

Make sure the bedding is big enough—at least six inches longer than the person sleeping on it.

A twin or double bed is fine if you're sleeping alone. If you are sharing the bed, consider a queen size. A good queen-size mattress and box spring (called a sleep set) will be at least $400. King-size sets start at around $500.

Plan to pay at least $340 for a good twin-bed-size set. You can find lower priced sets, but they will not be as durable and will not retain their comfortable features as long. Double-bed sizes will be about $20 higher than twins.

You can choose between innerspring and foam mattress construction. Both should give firm support and conform to your body.

Test the mattress for comfort by stretching out on it in the store. Roll around and move about as you would in your sleep. There should be no sound of squeaky coils or springs rubbing against the frame. A foam mattress should not feel too "bouncy."

Lighting—In most rooms, you need background lighting—a chandelier or track lights—and special lighting for sewing, reading, or close work. Make a complete lighting plan, even though you may not be able to buy all the lamps or install all the lights you want right now.

The finishing touches

Once the necessities are purchased and paid for, you can begin to replace some of your temporary fill-in furniture and add a few major items for extra comfort.

You've probably acquired a few good accessories through each of the buying stages. Certainly you've picked up some less expensive items, such as sofa pillows, ashtrays, and plants. This is as it should be. Accessories should not be collected all at once.

In the final buying stage, take a good look at your rooms with an eye to acquiring exactly the right accents your home needs to make it truly yours. ■

The 1979 Mother's Day Sculpture in Crystal





Approximate size: 3½" in diameter.

- **Crafted from the finest pure lead crystal, clear and flawless.**
- **A strictly limited edition available at original issue price only until Mother's Day, May 13, 1979.**
- **Each crystal individually serially numbered, dated, hallmarked and registered.**
- **A uniquely beautiful Mother's Day gift not available in stores; attractively gift packaged.**
- **Guaranteed shipment for Mother's Day delivery on all orders received by April 23, 1979.**
- **Priced at only $15.00.**

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Each piece will be individually shaped by a master glassmaker. The delicate figures of the mother and her children will then be sculpted into each piece. Finally, the image will be frosted and the smooth surfaces polished to bring the crystal to its fullest luster and transparency.

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The 1979 Mother's Day Sculpture in Crystal

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Address _____

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Please make check or money order payable to the Danbury Mint.

*Connecticut residents please pay $17.66 per crystal to include sales tax.

S-19



COCONUT-ALMOND BUTTER COOKIES

1 cup unsalted butter *or* margarine
1¼ cups sifted powdered sugar
1 cup flaked coconut
½ teaspoon almond extract
2 cups all-purpose flour
¾ cup ground *or* finely chopped blanched almonds
¼ teaspoon ground cinnamon

In large mixer bowl cream butter or margarine and *1 cup* of the powdered sugar till fluffy. Add coconut and extract. Gradually mix in flour. Stir in nuts. Shape dough into 1-inch balls. Bake on ungreased cookie sheet in 325° oven 15 to 17 minutes. Place on rack. Combine remaining sugar and cinnamon; sprinkle over warm cookies. Makes 5½ to 6 dozen.

HONEY CEREAL NIBBLES

6 cups puffed wheat cereal
2 cups unsalted peanuts
¼ cup toasted sesame seed
½ cup packed brown sugar
¼ cup honey
¼ cup unsalted butter *or* margarine

In shallow baking pan combine cereal, nuts, and sesame seed; set aside. Combine sugar, honey, and butter or margarine; stir over low heat till smooth. Pour over cereal, tossing to coat. Bake in 275° oven 45 minutes, stirring occasionally. Cool, stirring occasionally. (Cereal becomes crisp upon cooling.) Store in covered container. Makes 9 to 10 cups. ■

Buying information, page 144

FOOD

SPECIAL DIETS

LOW-SODIUM SNACKS

Sticking to a low-sodium diet is easier if you can vary the routine with occasional tasty snacks. Here are two "legal" treats that are so good everyone will enjoy them.



Photograph: Dieter



Give this headache all it needs. And nothing more.

Bayer.® 100% pure pain reliever. Nothing else is needed.

What this headache needs is 100% pure pain reliever. And that's Bayer Aspirin. 100% pure pain reliever. Bayer adds nothing because—even for a big headache—nothing else is needed. And rest assured, Bayer Aspirin has relieved millions of headaches without stomach upset.

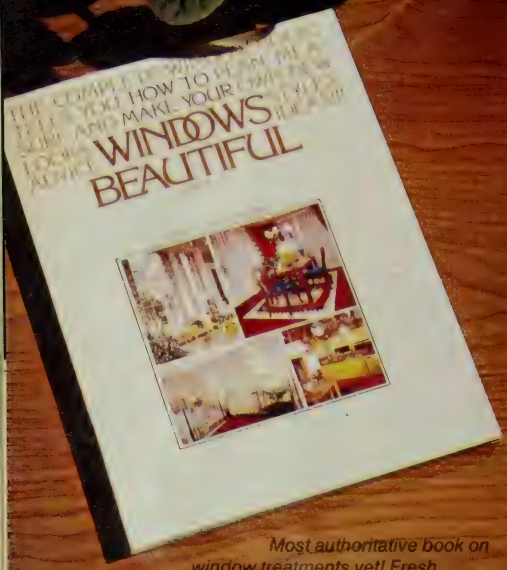




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STUFFING IDEAS AND HOLIDAY SALADS

Do you stuff poultry or a meat roast with a unique combo of ingredients? Does your holiday salad make a novel and festive side dish? Send us your recipes—you could win next November. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next November. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Stuffing Ideas

Your stuffing idea might be savory or sweet, bread-based or not, to use with poultry, meat, or fish. Is yours a stuffing mix fix-up? Hints: **wild rice-filbert stuffing, apple-parmesan stuffing, whole wheat vegetable stuffing.**

Holiday Salads

Any type of molded, tossed, layered, or frozen salad appropriate for a holiday side dish could win. Do you mold marinated vegetables in aspic? Tips: **chestnut soufflé salad, corn relish mold, fruit antipasto platter.**

THIS MONTH'S WINNERS

(See recipes on pages 129 and 130.)

Cooks-of-the-Month

Marianne Hall, Los Angeles, Calif.
Leslie Ogden, San Luis Obispo, Calif.

Runners-up

Mrs. Henry Hop, Kankakee, Ill.
Nancy L. Jones, Forestville, Calif.
Mrs. Marjorie Lindsay, Bonaparte, Ia.
Ms. Marilyn Rusnica, Amsterdam, N.Y.

Honor Roll

Fern N. Arfin, Boston, Mass.
Joanne Esau, Dover, Vt.
Mrs. Laura Getschmann, Bremerton, Wash.
Nancy Giller, Mount Vernon, Wash.
Ms. Judy Hicks, Redondo Beach, Calif.
Diane Lohr, Freeport, Ill.
Arnelle J. Meyer, Ellsworth, Me.
Sharon Pranulis, Marissa, Ill.
Mrs. William Strieber, Crofton, Md.
Mrs. Jeanne Yunker, Mount Prospect, Ill.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "November Stuffing Ideas" or "November Holiday Salads."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, April 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7904 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

How to order material from the magazine

Project Plans for the Better Homes and Gardens® designs shown in this issue are available below. Each plan packet includes large professional drawings, materials list, woodcutting diagrams, and instructions.

E. T. Meredith Rose (shown in the February issue) is a lovely pink hybrid tea developed EXCLUSIVELY for Better Homes and Gardens® in honor of its founder. Your order with planting instructions will be shipped at proper planting time in your locality.

All America Gladiolus Collection These 1979 award-winning gladiolus are available from Better Homes and Gardens® (see March issue). Black Stallion, Gallery, Green Isle, and Prince Indigo will make gardening with gladiolus more exciting than ever. This spring garden collection contains 40 bulbs (ten each of the four varieties shown). Order now as supplies are limited (substitute varieties may have to be shipped on late orders). These large bulbs (1¼" and up) will arrive in time for spring planting.

Credit Card Users Speed Delivery by Phoning Toll Free

Send order and remittance to: Better Homes and Gardens® **Dept. 2TA,** Box 374, Des Moines, Iowa 50336

Page	Description	Qty.	Price	Total
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109	No. 50375 Bakery Project Plan $3.00 plus 60¢ postage and handling.			
108	No. 50376 Cannery Project Plan $3.00 plus 60¢ postage and handling.			
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Total of Merchandise	
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*TAX NOTE Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, and Washington.

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10 SECOND PRIZES
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100 THIRD PRIZES
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With today's economy, it seems like there just aren't enough bucks to make ends meet.

That's why the Sylvania 'Beat Inflation' Sweepstakes is giving away the kinds of prizes you really need these days. Money. And lots of it.

Enter as often as you'd like. After all, we've got the checks. All we need are the names to put on them.

OFFICIAL RULES

1. Complete entry form at right. Hand print your name, address and zip code and mail together with the top panel of any Sylvania Blue Dot® Lightbulb package. Or hand print the words SYLVANIA BLUE DOT QUALITY in plain block letters on a 3"x5" piece of paper. No purchase required.
2. All prize winners will receive cash prizes.
3. Enter as often as you wish, but each entry must be mailed separately.
4. Prize winners will be determined in a witnessed random drawing conducted by FREDERICK SIEBEL ASSOCIATES, an independent judging organization whose decisions are final. Odds of winning are based on total number of entries received. All prizes will be awarded. Prize winners will be notified by mail.
5. All entries must be postmarked by June 1, 1979 and received by June 15, 1979 to be eligible for prizes offered. Local, state and federal taxes become the sole responsibility of the prize winners.
6. No substitution for prizes is allowed. Employees (and their families) of GTE Sylvania, Inc., its affiliated companies, advertising agencies and judging organization are not eligible. Total value of prizes is $50,000. Sweepstakes void in Utah and wherever prohibited or restricted by law.

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SYLVANIA Blue Dot GTE

HE COOKS

Cheese, Grits, and Bean Bake

Joseph Bordeau of Marissa, Illinois, is a musician and instrument repair technician, and he gained much of his cooking expertise on the road. "While traveling on tour," he explains, "I saved money by cooking my own meals."

His favorite dish is an adaptation of an old Southern recipe that combines bacon, cheese, grits, and beans. Joseph, a bachelor, enjoys preparing his grits and cheese dish for friends. "I usually serve it with a crisp salad and cold beer," he says. "If there's any leftover bean mixture, I save it to use later as a hot topper for lettuce." We think you'll enjoy Joseph's version of Southern cooking no matter where you live.
Buying information, page 144



Photograph: Dieter

CHEESE, GRITS, AND BEAN BAKE

- **3 cups water**
- **1 teaspoon salt**
- **¾ cup quick-cooking grits**
- **1 6-ounce roll bacon cheese spread, cut in cubes**
- **2 tablespoons butter *or* margarine, softened**
- **2 beaten eggs**
- **½ cup milk**
- **½ cup shredded cheddar cheese (2 ounces)**
- **1 15-ounce can garbanzo beans, drained and rinsed**
- **1 15-ounce can kidney beans, drained and rinsed**
- **1 cup chopped celery**
- **¾ cup chopped green pepper**
- **¾ cup tomato juice**
- **¼ cup cooking oil**
- **¼ cup vinegar**
- **1 1⅜-ounce envelope chili seasoning mix**
- **1 cup cherry tomatoes, halved**

In medium saucepan bring water and salt to boiling; stir in grits. Return to boiling. Reduce heat; cook, uncovered, about 5 minutes, stirring often. Remove from heat. Stir in cheese spread and butter or margarine till melted. Combine eggs and milk. Stir a moderate amount of the grits mixture into the eggs. Return to hot mixture in saucepan. Turn into a buttered 12x7½x2-inch baking dish. Bake in 350° oven 30 to 35 minutes or till a knife inserted just off-center comes out clean. Sprinkle with the cheddar cheese. Bake 1 to 2 minutes more. Let stand 5 to 10 minutes before serving.

Meanwhile, combine garbanzo beans, kidney beans, celery, green pepper, tomato juice, cooking oil, vinegar, and chili seasoning mix in a large saucepan. Heat through, stirring occasionally. Stir in cherry tomatoes; heat through. Spoon some of the bean mixture around the edge of the casserole. Pass remainder. Makes 6 servings. ■

NOW MORE MONEY FOR YOUR RECIPES!

Men—share your recipes with us. We've doubled the ante for He Cooks feature recipes. If yours is selected after January 1, 1979, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.

WITH THE POTSCRUBBER® III DISHWASHER EVERYTHING COMES OUT BEAUTIFULLY: MY CHINA, MY CRYSTAL, EVEN MY SILVERPLATE."



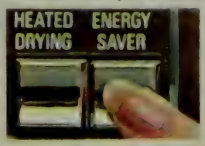
That's because the Potscrubber III dishwasher cleans better than any dishwasher General Electric has ever made.

The exclusive Multi-Orbit™ wash arm directs a constantly changing pattern of water up through the dishes. This arm, combined with the Power Shower on top and the Power Tower in the middle, gives you 3-level washing action to get your dishes and glasses cleaner than ever before.

And the Potscrubber III dishwasher even washes those messy cooking utensils. Its special Power Scrub* cycle, while it may not do everything (such as remove burned-on soils), is designed to remove dried-on and baked-on foods from pots, pans and casseroles.

Smiley Wayne
Bellmore, New York

I LIKE THE ENERGY SAVER FEATURE."



We made the Potscrubber III dishwasher to be a real energy saver. It's specially designed to use less hot water than our previous models. That means your family could save hundreds of gallons a year. And the Energy Saver button lets the dishes dry naturally. That makes it cost even less to run.

'WHAT REALLY CONVINCED US TO BUY WAS THE PERMATUF TUB. AND IT COMES WITH A FULL 10-YEAR WARRANTY."

The Potscrubber III dishwasher is designed with General Electric's exclusive PermaTuf interior that makes the tub durable. So durable, it has a 10-year warranty.*

That same PermaTuf interior is actually a sound-dampening material which helps your Potscrubber III dishwasher run quietly, too. And we even surround the PermaTuf tub with a blanket of sound insulation.

No wonder women all over America find such nice things to say about their Potscrubber III dishwashers. See the Potscrubber III dishwasher at your local GE dealer.

*GE will repair the tub or door liner if it should fail to contain water due to a manufacturing defect such as chipping, cracking, peeling or rusting in normal use.

GENERAL ELECTRIC



Driving small cars safely: Special handling required

Making the fuel-saving switch from a full-size car to one of the new subcompacts might not be as simple as climbing in the new car and driving away. You'll instantly find out that the little cars are handling and parking wonders. But if you've always driven a large car, you'll probably have to make some adjustments in your attitude about personal transportation and, more important, in the way you drive.



What is a subcompact?

We're defining a subcompact car as having less than 100 cubic feet of passenger and luggage volume, front-wheel drive, seating for four, and a small, economical engine. Some subcompact cars don't have front-wheel drive, but most manufacturers plan to switch to front-wheel drive for their future small cars.

How to shop for one

You'll shop for a subcompact as you would for any other size car, weighing important factors such as price, options, noise, handling, and comfort. The last three are going to be vastly different than in a big car. Expect to spend extra time finding a car that you and your passengers will be comfortable in and that you can handle easily, especially on long trips.

To judge comfort, climb into the car on the showroom floor. Adjust the seat so it's the proper distance from the steering wheel and pedals, and the seat back so it's at the proper angle (if there is such an adjustment). Now put your hands on the wheel and your feet on the pedals. Do the angles and distances both feel natural? Move your legs from pedal to pedal. Is there enough room for your knees and feet, or do you feel your freedom of movement is impeded? Look around you. Do you get the feeling the roof liner is too close to your head? Can you see all the gauges and reach the controls easily with enough room for your elbows? Does the seat feel firm enough? If it seems soft, you may feel some discomfort after you've been on the road several hours. Your initial answers to some of these questions may be slightly negative because of your experience with roomy larger cars. But road test all the subcompacts you're considering with these questions in mind. After driving several you should become accustomed to subcompact driving and be able to pick the cars that are most comfortable to you.

What about acceleration?

You may be surprised at the spirited acceleration of many subcompacts. Their lighter weights and efficient engines can make the cars as spunky as V-8 powered cars. To decide if a subcompact has enough pep for the way you drive, spend some time merging with the traffic on freeways, passing other cars, and counting the time it takes to attain a certain speed from a stop. Remember automatic transmission and air conditioning will cut acceleration; test drive models with any options you're considering.

Small cars usually can't carry the heavy cargo you may have hauled in the past, and they can't tow as much weight as bigger cars. Study the owner's manual before buying to determine if the subcompact car can tow the camping trailer you own or haul the loads you sometimes have. Don't assume it will be safe to haul or tow weights above specified limits for even short distances; acceleration will be cut and the engine and drive train will likely be strained.

Is directional control a problem?

It may sound odd, but a subcompact car can in some instances have a better directional control than a bigger car. Today's front-wheel-drive subcompacts have almost all of their weight placed within the wheelbase, unlike bigger cars that have heavy overhangs on both the front and rear. This, plus the fact the front wheels are pulling the car instead of the rear wheels' pushing the car, reduces the tendency of the car to drift sideways in cornering and tight turns. In fact, on sharp, fast turns—especially on icy roads—you may notice a tendency for the car to continue going straight. This tendency, called *understeer,* results from most of the car's mass being carried above the drive wheels. Therefore, if you fly into the corner too quickly, you might feel the front wheels sliding straight ahead and the rear wheels holding traction no matter how much you turn the steering wheel. The proper reaction to understeer is to let off the throttle and keep away from the brake pedal until the car is through the turn and back on a straight course. You can prevent understeer from happening at all by making sure your speed is under control, and braking, downshifting, and steering the car are completed before you reach the apex of the corner. Then, you steadily maintain power all the way through the corner.

continued

Drawing: Graphic Corporation

"THIS 1937 GE REFRIGERATOR'S THE ONLY ONE MOM'S EVER OWNED. TO ME, THAT'S MONEY WELL SPENT."

– Elouise Prater



Jane Prater, Tyler, Texas

This General Electric 'Monitor Top' looks kind of funny today. But back when I bought it in 1937, it was real elegant.

And you know, it was one of the best buys anyone could make.

It's the only electric refrigerator I've ever owned, and it's sitting in my kitchen this very day, working away like it's always done. Still keeps the milk nice and cold, and the lettuce crisp.

It never needed any service, either, aside from replacing the gasket on the door.

My family teases me about it, but I simply can't replace this faithful friend.

The salesman who sold it to me still lives here in Tyler. I saw him the other day and I shook his hand. "Mr. Atwood," I said, "it's still working."

Elouise Prater, Temple, Texas

My mother-in-law's old 'Monitor' really influenced our choice. And I grew up with my own mother's GE refrigerator. She had it 30 years.

We've had so many GE appliances that have lasted and given great service, well, to me, the name General Electric means dependability.

So even though I looked at some others, I knew this beautiful GE side-by-side was the only refrigerator I wanted. I like getting ice cubes and crushed ice and chilled water without opening the door.

Inside, there's lots of room. And adjustable glass shelves that are easy to clean. Automatic defrosting, of course. Even a separate temperature control for my meat bin.

I expect it will last and last, like that 'Monitor' of Jane's. I can't imagine a better value.

IT ALL ADDS UP TO A GOOD INVESTMENT

GENERAL ELECTRIC

continued

Driving small cars safely

If your front-wheel-drive car should go into a skid (the whole car sliding sideways), you should react almost the same as with a rear-wheel-drive car. Take your foot off the gas, steer in the direction of the skid, allow the front wheels to stop slipping (but don't touch the brake pedal), then—and here's where the difference comes in—softly accelerate until the rear end comes into line (you wouldn't accelerate at all with a rear-wheel-drive car).

What about the stability of your subcompact car in windy weather or when gusts from big trucks hit you? The lower weight and mass of the car is bound to make it slightly more vulnerable than your bigger car to "windwander," but you needn't worry. You may recall alarming stories of older mini-cars being buffeted and thrown off course by wind or gusts; this problem has been engineered out of today's subcompact cars. Because of the cars' excellent directional control, a quick turn of the wheel into the wind when a gust hits will usually pop them back onto a straight course.

Improved traction resulting from the weight concentration over the front wheels is the biggest handling plus for a subcompact car. The front-wheel drive will usually pull your car through snow, mud, slush, and ice that would quite often stop a bigger car. And, most manufacturers say if you use steel-belted radial tires, you probably don't need snow tires. (If you do use snow tires, they should be mounted on the front wheels; and, of course, tire chains or traction aids such as sand should go on or under the front tires.)

Piling extra weight in your little car won't improve, and may cut, traction. The only place to put sand bags, cement blocks, or other weights is usually the rear cargo area. This can shift the car's center of gravity off the front wheels and wipe out the traction advantage. The loss of traction advantage may also unavoidably occur on very steep hills. This doesn't mean your subcompact car will have trouble climbing hills; the traction achieved lower on the hill should provide the car with enough momentum to climb the hill.

Being seen

Your little car can be slightly harder for other drivers, especially truck drivers, to spot in their rearview and side mirrors. When you move up close behind a truck or start to pass on the right, always watch the truck's brake lights and front steering wheel so you can react to a sudden stop or a turn into your lane. There also can be an extra second or two before other drivers spot your car coming out of depressions or reaching the crest of hills.

Steering, braking, and shifting

Subcompact cars are especially agile in quick or tight maneuvers to avoid other cars or obstructions; you might try to avoid slamming on the brakes in some situations. Figure there is less "crush distance" (distance between sheet metal or bumper and passenger compartment) in a small car so collisions can be more dangerous to persons in the car and more damaging to your car's body and engine. You're often better off trying to steer out of trouble rather than slamming on the brakes.

If your small car has manual transmission, downshift whenever possible as a means of slowing down. This will increase the life of your brakes (although you may burn a little more engine oil) and help you avoid skids.

Other points to remember

Extra traction means extra wear for the front tires of a subcompact car; check all of the tires frequently for pressure and wear. The constant velocity joints on the front transaxle can wear quickly when dirt or salt gets into the joints. Check the rubber sleeves or boots over the joints frequently for holes or tears that allow dirt and water to penetrate. And have the tire balance and alignment of the front wheels tested at least once a year.

If you have to tow or lift a front-wheel-drive subcompact car, the front wheels and front transaxle can easily be damaged by hooks, jacks, grapples, etc. Always refer to the owner's manual for proper towing and lifting procedures, and make sure the tow truck operator or mechanic knows how to tow or hoist a front-wheel-drive car. ■

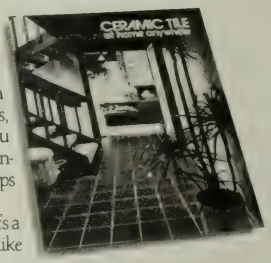
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MONEY Margaret Daly



MUTUAL FUNDS

• Is your knowledge of finance limited?
• Are you unable to buy those high-yielding investments that cost $10,000 or more?
• Are you too busy—or not interested enough—to study the stock and bond markets and handle a variety of investments on your own?

If your answers are "Yes," a mutual fund may be just right for you—once your insurance and savings are up to par. Here's the third of our "Investing ABC's" series. (See "Bonds," *Better Homes and Gardens,* November, 1978, and "Common stocks," March, 1979.)

When you buy a share in a mutual fund, you're actually buying stock in a company whose business is making money by using your money (and that of thousands of others) to buy a diversified portfolio of stocks, bonds, and other investments.

Major investors in the stock market know the importance of diversification—not putting all your eggs in one basket. However, to buy a widely varied portfolio on your own you would need to invest a considerable amount of money. On the other hand, by investing in a mutual fund, you can benefit from diversification and from expert management with small outlays of cash (less than $100 for some funds).

Sound easy? Perhaps, but you should only invest in a mutual fund *after* very careful study (just as careful as the investigation of a corporate stock). There are many types of mutual funds, each with advantages and disadvantages. Here are some of the basics about investing in mutual funds.

What are the advantages?

• Professional management. There's no real need to study charts or second-guess interest rates when you invest in a mutual fund. The fund managers (expensive to hire on your own) do the thinking, buying, and selling for you. You will want to read the regular—often quarterly—reports the management issues and study where the fund is investing.

• Money-saving advantages. As a large investor, a fund can negotiate with considerable muscle for low commission fees when it buys or sells securities. If you bought stock on your own, you'd likely be charged the top commission rate.

• Choice of payment. Most funds will either send you a quarterly or semiannual dividend check; or, they will reinvest your earnings, thus increasing your investment in the fund and compounding your return.

• Simplified record keeping. The fund sends you a simplified record of your holdings and advises you on the tax status of any dividends or gains. A fund should also send you a report of its activities at least twice a year.

• Automatic withdrawal. Such plans allow you to take out a specific amount regularly while leaving the rest of your money in to work for you in the fund.

The costs of mutual funds

All mutual funds charge a management fee for their service, often one-half of one percent of the fund's yearly total assets. (That's a fee of $5 per $1,000 of assets.)

Many mutual funds—called *load funds*—also require you to pay a one-time sales charge when you first buy into the fund. The charge, or "load," can go as high as 8½ percent of the amount you invest. At that rate, a $2,000 investment in a load fund will cost an initial $170 extra. That means the value of your shares must increase by $170 before you can break even.

Recently there has been a boom in *no-load funds,* which sell directly to the public and charge no sales commissions. One reason for the rapid growth in no-loads has been the introduction of two new kinds of funds—money market funds and municipal bond funds—that stress current income and liquidity.

On the surface, no-loads appear to be the best deal, but don't make the absence of a "load" the only reason for purchase. A fund's management, history, and investment purposes are most important. ■

What are the disadvantages?

Mutual funds do not always make money, although most are sure to point out favorable track records. For example, from January, 1975,to December, 1978, mutual funds that invest most of their assets in common stock (representing about two-thirds of the assets of the industry) showed a rise of 31.3 percent while the Standard & Poor's (S&P) 500 Stock Average rose 18.7 percent. However, the record isn't quite as impressive when you look over the past ten years. From 1968 to 1978 the various stock funds have on average performed no better than the stock market itself as measured by the S&P 500 Average.

Why do some funds do poorly? One reason may be inexpert professional management. Another even stronger reason would be the stock market itself. When stocks and bonds are not doing well in general, it is hard for most mutual funds to thrive, despite suggestions to the contrary.

But some do thrive. While the S&P 500 Average fell at an annual rate of 1.3 percent over the past ten years, a few funds showed yearly gains of more

continued

Drawing: Blaser/Kimball

It tastes like real apricot. Naturally. Because it's Leroux.

Sip a Leroux Apricot and you'll think you've picked it off the tree. That's because only true fruit flavors and the finest of natural ingredients are good enough for Leroux International Liqueurs. Once you've tasted Leroux, no other liqueurs will do.

The Leroux Apricot Sour.
Mix ¼ oz. lemon or lime juice, 1½ oz. Leroux Apricot Flavored Brandy, 1 tsp. sugar, 1 oz. fresh orange juice. Shake, strain, garnish with orange slice and cherry.



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Bird makes solid vinyl siding for people who love the looks of wood.

We'll be the first to admit that wood can look beautiful. It's just that taking care of it is a constant job. That's why the people who live in this house covered it with Bird solid vinyl siding.

We make siding a little differently than anybody else. The bottom of each panel is squared off to look exactly like wood clapboards. And we invented the natural woodgrain texture you see on our Woodside™ solid vinyl siding.

But unlike wood, Bird solid vinyl siding takes care of itself. The color goes all the way through, so scratches don't show the way they can on other materials. And it can't rot, blister or peel. So it never needs painting.

We make solid vinyl siding in narrow and wide widths, with smooth and textured finishes. If you'd like a free estimate, talk to your Bird Siding Dealer. He's in the Yellow Pages, and he'd be glad to hear from you.

The best dressed homes wear Bird.

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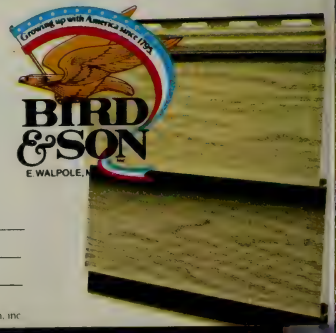
Please send me your revised, 36-page color booklet, "What you should know about roofing and siding before you build or remodel." I'm sending 50¢ in payment, and I'm planning to ☐ build ☐ remodel.

Name _____ Phone _____

Address _____ City _____

County _____ State _____ Zip _____

Better Homes & Gardens—April 1979



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continued

Mutual funds

than seven percent in the same period. You can compare records through some of the sources listed at the end of this article. Of course, lacking a crystal ball, no one can predict how a fund will fare in the years to come, regardless of past performance.

Which fund is right for you?

First, decide on your investment goal. Do you want current income or long-term growth, or a combination of both? How much risk are you willing to take? Is tax-free income, despite a lower yield, desirable?

Depending upon your goals and the state of the economy, you can choose from a veritable supermarket of mutual funds. Also, initial investment requirements vary by fund. Be sure to study any fund's prospectus and past performance before investing your cash. Usually there are both load and no-load funds available in each category—except where noted.

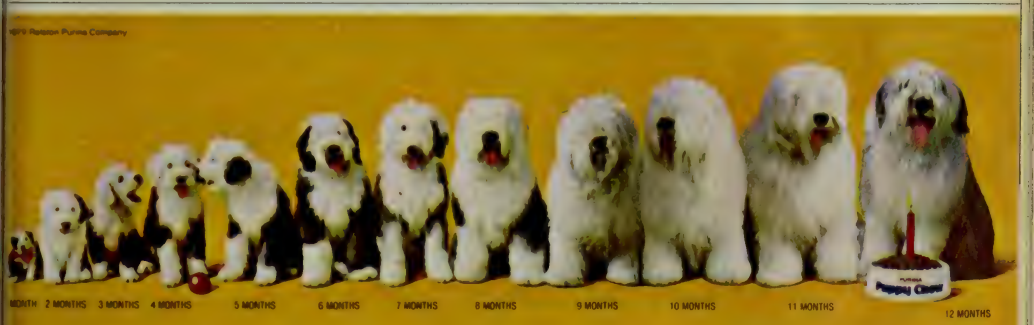
Here's a sampling:

- *Growth funds* invest in stocks of companies that show potential for *future expansion.* Investing in something that *may* grow in the years to come involves some speculative risk.
- *Income funds* stress *current income* rather than growth. They buy stocks and bonds that are expected to pay good dividends and interest. A relatively conservative investment, income funds are for people who want to supplement their pay or other income.
- *Growth-income* funds try to provide the best of two worlds by investing in a combination of growth stocks and income-producing securities.
- *Balanced funds* are similar to the growth-income type, though a shade more conservative. Such funds maintain a "balance" among their holdings of bonds, preferred stock, and common stock.
- *Index funds* buy across the board all the stocks listed on a major stock index such as the Standard & Poor's 500 Average. Thus when the stock market is good, so is your fund. The reverse, of course, is true but such index funds have tended to produce steady—if unspectacular—profits for investors over the years.
- *Gold funds* invest only in shares of gold mining stocks. When the gold price rises or falls, so does the value of gold mining shares—all other factors being equal. In effect, gold funds give you the opportunity to invest indirectly in gold without the hassles that accompany ownership of the metal, such as having it assayed, transported, and insured.

Tax-saving municipal bond funds

These relative newcomers to the mutual fund market give the small investor a chance to earn tax-free income. Interest earned on municipal bonds, issued by state and local governments, is not taxed by the federal government, and is also usually tax-exempt in the state where the bond is issued. You would probably need at least $5,000 to buy a municipal bond on your own but you can invest in a

continued



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And he'll need a lot of nutrition to do it. Twice as much—pound for pound—as when he's full grown.

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So make your puppy's first year one to grow on, with regular trips to the vet, and Purina Puppy Chow every day.

For a full year till he's full grown.

continued

Mutual funds

municipal bond fund for as little as $1,000. You also might have trouble buying and selling just one bond on your own.

Because of their tax-exempt status, municipal bonds pay lower yields than other similar quality bonds. Whether a lower yield that's not taxed is better for you than a higher, taxable yield depends on your income.

The higher your tax bracket, the more you'd benefit from tax-free income. Municipal bond funds will send you tables to help you figure out what tax-exempt income is worth to you. However, bonds are susceptible to the marketplace, and the value of your shares in the municipal bond fund may drop (as happened in 1978), wiping out some or all the advantages of the tax-free income. One fund that paid 6.5 percent in mid-1978, for example, dropped from $15 to $14.50 per share value from January to August that year. If you had had to sell and were in the 28-percent bracket, the net yield would have been only four percent.

A flexible spot for savings

Money market funds became very popular with the recent jump in interest rates, as well as when rates were high a few years ago. These funds buy government bonds, certain fixed income obligations of corporations, certificates of deposit (a "CD" is a loan to a bank), and other short-term "money market instruments," as they are called. Such investments offer a high degree of safety and are quite "liquid." That means you generally can redeem your shares for close to what you paid for them; and there is no load, so you can get in and out at any time without extra cost. Money market mutual funds set minimum investments of $2,500, $1,000, or even less. You can invest thereafter with as little as $100 or $500.

When interest rates are high, money market funds can be a good place to "park" your cash with little risk of losing value in the marketplace. Recently these funds have yielded almost double the return of passbook savings accounts.

Money market funds generally compound monthly the interest coming to you, based upon the interest being paid by the various investments. Interest is calculated and credited daily to your account. As rates change from day to day, you can ask for regular interest payments or to have the interest reinvested in the fund.

Many money market funds offer a kind of check writing service, allowing you to write checks (usually at least $500) against your account. That way, you can keep cash for upcoming "big-ticket" items (like property taxes or insurance premiums) earning good interest up to the last minute.

How do you buy mutual funds?

You simply purchase shares in the fund. You deal directly with some funds; with others, you work through a broker or sales representative. Some companies offer several different kinds

continued



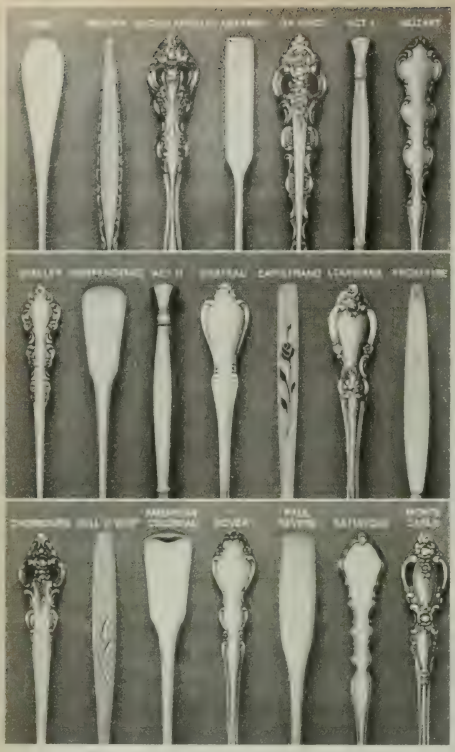
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continued

Mutual funds

of mutual funds; other companies manage just one or a few funds. You often can switch from one kind of fund to another within the same company at little cost. A typical fee is $5 per transaction—unless you move from a no-load to a load fund. In that case, you would pay the regular load fee the first time you switch, but from then on you could make your move for only the minimal $5-or-so charge.

All mutual funds are called *open-end* funds; their price depends on what the fund's assets are worth on that particular day, minus certain fees (see box on page 84), divided by the number of shares outstanding. As the value of the fund's assets goes up and down, so, proportionately, does the price of each share.

An open-end mutual fund can issue an unlimited number of shares at any time. The price per share will be determined by the value of the fund's assets and the number of shares outstanding on the day you are buying or selling.

For example, say that on March 1, 1979, the XYZ Fund has $100 million in assets and ten million shares outstanding. Each share would be worth $10. If you were to invest $2,000, you would receive 200 shares (assuming that there were no fees).

If the assets in XYZ Fund were to rise in value by $5 million and no other shares were issued, each share would become worth $10.50. Conversely, if there were to be a drop of $5 million in value, that would lower the shares' value to $9.50 each.

For more information

Here are some reliable sources to help you judge the many funds competing for your investment.

For a free list of most mutual funds, both load and no-load, plus a basic booklet on mutual funds, "The Age-Old Question," write the Investment Company Institute, 1775 K Street N.W., Washington, D.C. 20006. You can contact the No-Load Mutual Fund Association, Valley Forge, Pennsylvania 19481 for similar information just on no-load mutual funds.

You might also want to look at *Forbes* magazine's *Annual Mutual Fund Survey* (most recently in the August 21, 1978, issue). Here you can compare the performances of all mutual funds over the last ten-year and 12-month periods. The survey also reports for each fund the annual expenses covering management fees and various operating costs. For load funds, the *Forbes* survey gives the maximum sales charge as well.

Finally, check your local library for a reference book called *Wiesenberger Investment Companies Service*, which carefully rates the performance of every mutual fund each month.

Once you've narrowed down the list of possible investments, write to the individual companies for a prospectus. The prospectus will explain the fund's investment objective, list the fund's investment portfolio, disclose the management fee, and spell out any sales charges. Usually, the prospectus booklet will carry tables and charts showing the fund's past performance. ■

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FAMILY-STYLE DECORATING

HOW TO STAMP A HOUSE "YOURS"

BY SHIRLEY VAN ZANTE AND LAUREL LUND

In our travels across the country and in reading our mail, we often come across a home that is so well-designed, so warm and inviting, that we want to share the whole house with you. One such house belongs to the Antonssons—the young and active family of five pictured above.

As you'll see on these pages, the Antonssons have created a home environment that functions beautifully for the way their family lives and also reflects the personalities of its owners. Although the interior spaces are custom-tailored to the family's tastes and interests, the Antonssons' decorating philosophy could be applied to any home. That's why we want to show you some of the design ideas that helped make their home such a delightful place to live.



USE PAINT FOR INSTANT IMPACT

Hasse Antonsson, a Swedish-born architect who is on the staff of a large university; his wife Carol, owner and manager of a nursery school; and their three daughters—Tina, Lisanne, and Kim—live in a two-story colonial home in the rolling Massachusetts hills. The saltbox-style house was built in 1699 and had belonged to a New England family for generations before it was lovingly restored and decorated by the Antonssons.

Because the Antonssons face the same tight budget that most of our readers do, they decided to remodel and decorate the house themselves. The first project the family tackled was slicking up the interior spaces. Mellow old oak plank floors were sanded down, refinished to their former beauty, and left uncovered to create the illusion of space. All of the walls in the house were painted white, further expanding visual space and giving the room a crisp, clean look. Then all of the woodwork was painted with bold colors to highlight the original architecture.

Furnishing the home was a labor of love. Carol selected clean-lined contemporary seating throughout the house for comfort, then added antiques and American primitive accessories. The couple's tastes are reflected in this lovely living room. Walls are painted white, while hand-hewn ceiling beams and a brick-and-wood fireplace are left unpainted to emphasize architectural detail. For a punch of primary color, an Antonsson signature, they selected a Polish area rug to offset the beautiful refinished oak plank floors. Coordinated red pillows accent the contemporary-style sofa, and a boldly designed fabric panel adds big color impact to the wall.

Buying Information, page 144





Photographs: Maris/Semel. Design: Carol and Hasse Antonsson. Source: Estelle Bond Guralnick



FAMILY-STYLE DECORATING

MELD A MIX OF OLD AND NEW

The Antonssons' special sense of style is apparent in this delightful dining area. It sums up the couple's creative approach to decorating: simplicity, surprise touches of color, and a subtle blend of the old and new.

Because the dining room is generously proportioned, it does double duty as a family dining area and a cozy fireside retreat. The off-center dining table—which Hasse built himself with metal plumbing pipes and a laminated maple top—is surrounded by bentwood chairs that Carol discovered at a garage sale. She gave them a shiny coat of black paint to highlight their gently curving contours and to contrast with the natural wood used elsewhere in the room.

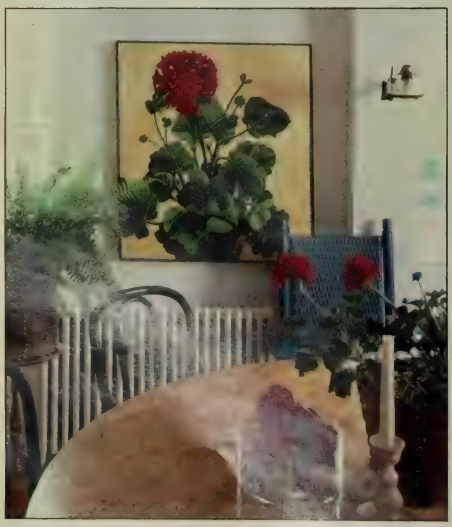
For Carol, an inveterate collector who loves combing the countryside for antiques and flea-market finds, the antique cupboard near the table is a perfect place to display her smaller collectibles.

The inviting seating area opposite the dining area boasts a contemporary-style love seat, another piece of Hasse's handiwork. Covered in a colonial blue fabric, the seating unit adds color to the room as well as providing a relaxing place to curl up and read by the fire.

Red, a passion of Carol's, is used throughout the house to enliven otherwise neutral room schemes. Below, a striking painting of a giant-size geranium adds color punch to a cozy corner.

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SURROUND YOURSELF WITH THINGS YOU LOVE

In the Antonsson home, there is a continuity of design from room to room because the couple selected only furnishings they loved. Even their daughters' bedrooms reflect this personal decorating style.

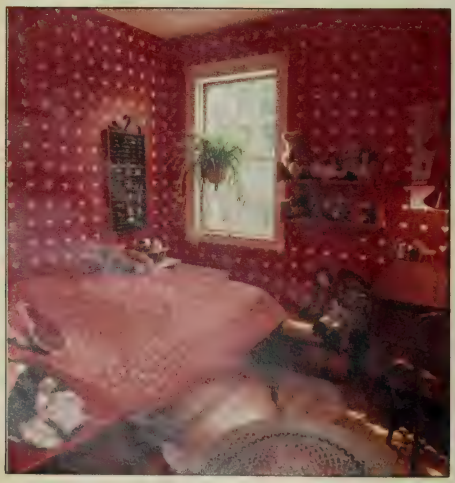
Tina, the couple's eldest daughter, seems to be learning the basics of good design early as she rearranges miniature furniture in a dollhouse next to her bed. This bedroom was the one room the couple left untouched. The walls were already painted a crisp, sparkling white, and the woodwork and window trim were painted a handsome Williamsburg blue. Framing the windows in the same mellow blue tone are colonial-style shutters that slide over the windows at night.

Instead of using a painting on the wall, Carol hung a pretty pinwheel quilt found at a secondhand shop. For additional color and pattern, the spool bed is topped with a coverlet handcrafted by a family friend.

While Tina clearly enjoys having ample space for entertaining friends and pursuing hobbies, Kim—the Antonssons' youngest daughter—prefers a room that's intimate and cozy. And what could add more warmth to a bedroom than a bright red decor? The fireworks start with bold red Swedish wallpaper punctuated with white hearts. Another splash of red is supplied by an inexpensive ready-made quilt that tops an old rope bed salvaged from the barn.

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NEW FACES FOR OLD HOUSES

By CarolAnn Shindelar



Do you feel good about coming home? If so, your house has passed the most important test with flying colors. But if it flunked, there's a lot you can do to make it look more welcoming. Certainly the most dramatic way to accomplish the job is with an exterior face-lift.

Each of the four homes shown here has been transformed just that way. We hope one of these success stories inspires you to plan your own exterior update.



Photograph: E. Alan McGee. Architect: Miller/Morris Contractor: Urban Resources Construction. Source: Ruth L. Grenci

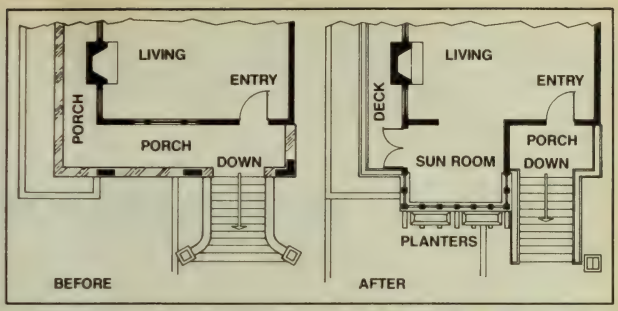
ENERGY SAVING IS PART OF THE PLAN

Here's proof that a face-lift can work wonders for even the plainest boxy house. This face-lift was part of a total interior and exterior renovation, and does more for the "feel" of the house than any other element in the remodeling. The homeowners incorporated several energy-saving features into the renovation as well.

First, the old front porch was torn off and replaced with a front walk-up and vestibule. The vestibule not only adds architectural interest, but creates an air lock as well. (A second door inside the vestibule "locks out" the outdoor air.) The old green siding was removed and the walls insulated with four-inch fiber glass batts; then the house was re-sided with rough-sawn cedar.

Luckily, the original windows were in good enough shape to salvage. They, and all other exterior trim, were painted rust to contrast with the cedar siding.







Photograph: Fred Lyon. Design: The Houseworks. Source: Barbara Cathcart

THE OUTLOOK IS SUNNY

The old saying "You can't judge a book by its cover" applies to houses as well. This dark, closed-in home had plenty of sunny potential, and it didn't take long for two new owners to discover it.

Face-lifting their house was merely a matter of utilizing existing spaces more efficiently. The clunky old wrap-around porch was partly enclosed with windows and skylights to create a sun-room, and the old house wall was removed. (During the remodeling, the porch floor was raised to meet the height of the living room floor.) The remaining porch area is used as an entry and is accessible by the original front steps.

To update the exterior of the house, the shabby old stucco was covered with cedar shake shingles, which blend with the wooded lot. The new window boxes filled with colorful flowers are cantilevered from the porch.



NEW FACES FOR OLD HOUSES



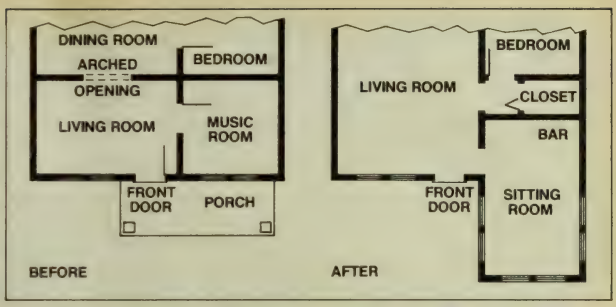
Photograph: E. Alan McGee. Design: William H. Lane. Source: Ruth L. Grenci

THE SIMPLER THE BETTER

Stripping a house is often the best way to determine what kind of face-lift it needs. Sometimes just a coat of paint and a bit of trim are all that's necessary. When the old brick-pattern asbestos siding and deteriorating front porch were torn off this house, for example, the exposed wood siding turned out to be in surprisingly good shape. It was simply painted a colonial blue-green, and the trim was painted a contrasting rich cream color. (If you face a similar remodeling, but the old siding isn't salvageable, you can cover it with aluminum or vinyl siding.)

To add additional charm to the rejuvenated exterior, a used-brick patio (which also functions as a front entry) and a walkway were built. The style of the patio is in keeping with the colonial look of the new exterior. The patio is partly shaded during most of the day, so it's an ideal place to rest and relax—or to chat with the neighbors.







Photograph: Maris/Semel. Design: David Koontz and Felix Campanotta. Source: Ruth L. Grenci

A PORCH MAKES THE DIFFERENCE

Once described as the "ugly duckling" on the block, this modest story-and-a-half took on new glamour with an exterior face-lift and some simple remodeling. The roof line was extended, and a new room was added to the front of the house. The addition provides an extra 144 square feet of living space, and a new porch gives the house the "plantation" look this homeowner was after. He planned the entire project on paper first and then turned the job over to professionals. It took approximately six months to complete.

The house was re-sided with rough-sawn cedar and painted, and new windows were installed. The original front door was retained, minus several coats of old paint.

Perhaps the most striking part of this face-lift is the porch; it was constructed of poured concrete and has columns reaching to the roof line.

SCREEN PLAYS

By Shirley Van Zante and Robert E. Dittmer

The familiar old folding screen is no longer just a bit player on the decorating scene. Today this functional favorite can play just about any part you want, whether it's bringing beauty to a nondescript corner, hiding storage space, dividing one room into two, or cutting off cold drafts.

You can find or design a screen to suit any furniture style from contemporary to country. To stage your own screen play, buy a screen that's ready to use, add some embellishments to an unfinished one, or build your own panels. Here are three screens that play both decorative and practical roles.

▶ A screen is ideal for covering up a window air conditioner or an uninteresting view and shielding against winter drafts. You can easily build a screen to suit your own space and taste. This six-panel screen is made of 1x12s, left natural and finished with clear varnish. The design, made with two sizes of drill bits, is not only decorative; it also is spaced to provide ventilation from the air conditioner it hides. The panels can be left closed or opened for full cooling. Choose a compatible window covering, like this woven blind, to blend with your screen choice and your decorating scheme.

Photograph: William Hopkins
Design: Suzy Taylor



▶ With its graceful arched tops and spindle trim, this screen, *opposite,* could make it on looks alone. But in addition to setting the stage for the furniture group, the screen discreetly camouflages a mixed bag of storage and stereo equipment on shelves behind it. The screen is available in three finishes; we chose antique white. We replaced the original sheer fabric panels with a floral print to make the screen an even better background for this mix of country and contemporary furnishings. The three panels are 72 inches wide and 78 inches high.

Photograph: Semarco. Design: Suzy Taylor. Source: Bonnie Maharam

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◀ If your home lacks an entryway, here's how you can create the effect of a foyer and lose next to no floor space in the bargain. Just make a three-or-four-panel folding screen the star. Then add an important piece of sculpture or a large plant. To make your entrance "hall" even more impressive, design your own custom screen. Ours is an unfinished one from a catalog store. We cut off the legs and painted the frame to match the canvas panels. To make the design, we applied two widths and three colors of adhesive-backed tape to the canvas.

Photograph: Semarco. Design: Suzy Taylor. Source: Bonnie Maharam



Storage you can add to a no-frills kitchen

By JOAN McCLOSKEY

Does your sleek, neat kitchen shortchange you on storage? If so, you can fill the gap easily and inexpensively by adding store-bought helpers.

Many of them are goodies your grandmother took for granted: flour and sugar dispensers, pull-out cutting boards, and a special drawer to keep potatoes fresh. You'll need some planning savvy and a little skill with a saw and screwdriver to transform your basic kitchen boxes into a compact storehouse, but convenient hardware is available.



Design: The Design Concern. Photographs: William Hopkins

Kitchen overview

Most builder kitchens today come with a "starter set" of appliances, a sink, and cabinets. This one is no exception. All appliances sport the new almond color that blends with the cream-colored cabinets. The double-bowl stainless steel sink allows the cook to soak pans on one side and make a salad on the other. The country-patterned vinyl floor is a breeze to care for. And, since the kitchen cabinets form an efficient L shape, there's room for a friendly round table.

That's the good news. But the cabinets come up short on storage. If you're a cook who has the average number of pots and pans, and cups and saucers, plus some specialty utensils and a glut of cans, bottles, and boxes, you'd find it almost impossible to stash it all away in this kitchen.

We outfitted those standard base and upper cabinets to make organizing that gear a snap. Let's start with the corner base cabinet and then work out from there.



Turntable shelves

You've seen these shelves in hundreds of kitchens, but did you know you can remodel your ordinary dead-end base cabinets into efficient lazy Susan shelves? You can buy ¾-turntable shelves that screw to the two base cabinet corner doors after the horizontal shelves have been removed from the existing cabinets. At a touch, these handy double-tiered shelves bring mixing bowls, heavy casseroles, or pots and pans to the front of the cabinet.

If your upper cabinets waste just as much space as the lower ones, install the same hardware, in the same manner, in those, too.



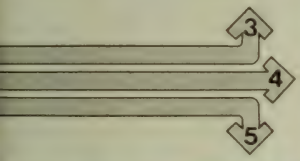


Slide-out cutting board

Cutting boards, tucked neatly under counter tops, used to be standard equipment in kitchens, but that's no longer the case. If you miss having a handy cutting board available for chopping celery or making sandwiches, why not install your own? You can buy all the necessary glides and install the board close to the refrigerator, near the sink, or wherever it's handiest for you.

Built-in bread box

Remember those tin boxes that used to sit on the counter in your grandmother's kitchen to keep the bread, bagels, and apple pies fresh? And what about those tilt-out bins that held potatoes and onions? This dandy metal drawer liner serves the same purpose in less space. We combined two lower drawers by removing the partition between, hinged the two faces, and made one deep bin.





Hideaway towel rack

Are you tired of having your kitchen faucet draped with soggy dishtowels and washcloths? You can hide those kitchen essentials under the sink, and still have room for cleansers, dish soap, and dog food, simply by installing three metal poles on a pullout bracket.

This towel rack would work equally well in a workshop for drying chamois or drip-drying rags.



Flip-up mixer shelf

Whether you have a new food processor or an old-faithful stand mixer, you'll use your appliance more often if you can get at it readily. A flip-up shelf installed in the base cabinet lets you store the appliance out of sight, then, with one swift motion, place it at the perfect height for cooking. Install an outlet in back of the cabinet so the appliance can stay plugged in. Instructions for installation come with the hardware from the manufacturer.

To make the unit more attractive, we surfaced the plywood shelf with laminate to match the counter top.

continued
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Storage you can add to a no-frills kitchen

If your kitchen has enough storage space, consider yourself among the privileged few. But if you don't have enough space to even roll out a piecrust, one of these buildable work centers might ease the squeeze. Locate the center out of the trafficway.



The Cannery

Corral all those canning jars, pectin, boxes of paraffin, pressure canners, water bath canners, and cheesecloth in one tidy cabinet. This cannery center includes a bar sink for washing berries or cucumbers; flip-up leaves on the ends that extend the counter space; plus a backsplash that's easily washable in case you get too enthusiastic with the produce. The laminate top resists blueberry stains and comes clean with a wipe of a sponge. The cannery can also double as a buffet.

Project Plan No. 50376
To order, see page 76.



The Bakery

You'll look forward to getting elbow-deep in flour if you have a bakery center as well decked out as this one. We installed old-fashioned—but fashionable—flour and sugar dispensers in upper cabinets so you can pour ingredients right into a mixing bowl or measuring cup. If you're an active baker, you'll need to fill the bins every few weeks; simply slide the metal shelf off the top and dump in a new supply. When you're actually ready to produce breads on an assembly-line basis, all you need to do is crank the flour sifter or open the sugar valve. On the other side of the upper cabinets, there's plenty of room to store measuring cups, spices, baking pans, and crocks.

A make-your-own butcher block table beneath is deep enough to roll out a ten-inch piecrust or knead enough dough for your family. The table can be moved out from the wall to serve as a center island when needed.

Project Plan No. 50375
To order, see page 76.



The Office

Even if your kitchen is pocket-size, you can probably find room for this compact home office. A likely location would be on a trafficway wall or at the end of a stretch of kitchen cabinets. Small though it is, the unit contains all the amenities of household management: shallow drawers for pens, pencils, and stationery; a wall-mounted telephone; open bookshelves for how-to information and cook books. And there's a tall closet at the end for brooms, a vacuum, and umbrellas.

Face the closet door with cork and you have an instant bulletin board for party invitations, doctors' phone numbers, and family memorabilia.

Buying Information, page 144

Project Plan No. 50374
To order, see page 76.

GREAT HOME-COOKED

MEALS IN A HURRY

BY DORIS EBY
AND NANCY BYAL

It's a dilemma! The faster you go, the busier you get—and the less time you seem to have for cooking up wholesome meals for your family.

Well, don't throw in the kitchen towel. To launch our Busy People's Recipe Contest,



we've preplanned six almost-instant dinners complete with recipes, countdowns, and microwave adaptations. Everything is designed to help you serve tasty and well-rounded meals—even on your busiest days. And to share your recipe ideas with us, see contest details on page 116.



Photographs: de Gennaro; Hopkins. Food Stylist: Mable Hoffman

FIX-AND-FORGET OVEN MEAL IN 45 MINUTES

Here's how to wind up for dinner while you wind down from a hurry-here, scurry-there schedule. Take ten minutes for assembling the quiche, five minutes for the cobbler. Then you're free to relax or tend to other matters while your oven does the work. Recipes begin on page 118.

MENU

Mexican-style Quiche*
Mixed Bean Salad
Easy Cherry Cobbler*
Beverage

Preparation schedule:

Step 1. Preheat oven. Assemble ingredients.

Step 2. Fix and bake quiche.

Step 3. Assemble and bake cobbler.

Step 4. Open two 16-ounce cans three-bean salad; turn into bowl. Top with red or green pepper rings. Chill.



FEAST FROM THE FREEZER IN 45 MINUTES

Unexpected company won't faze you when you have this clever dinner strategy up your sleeve. Take fish steaks, green beans, pound cake and yogurt right from your freezer, then quickly cook or assemble the ingredients without thawing them.

Recipes begin on page 118.

MENU

Green Bean-Fish Amandine*
Finger Salad
Herbed Mayonnaise
Hard Rolls
Butter or Margarine
Double Raspberry Torte*
Beverage

Preparation schedule:

Step 1. Assemble ingredients.
Step 2. Fix torte; freeze.
Step 3. Prepare relishes and mayonnaise for salad.
Step 4. Poach frozen fish. Cook beans and cheese sauce.
Step 5. Combine sauce with green beans; spoon over fish.

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DON'T-COOK-AT-ALL DINNER IN 30 MINUTES

When you're caught between daytime work, family needs, and evening activities, what can you do about dinner? Raid your refrigerator and cupboard, and dazzle the family with this smashing no-cook supper salad and blender drink/dessert.

Recipes begin on page 118.

MENU

Souper Strata Salad*
Rye Rolls
Butter or Margarine
Pineapple-Lemon
Dessert-in-a-Glass*

Preparation schedule:

Step 1. Assemble ingredients.
Step 2. Blend beverage/dessert; pour into glasses and chill till serving time.
Step 3. Prepare salad dressing. Layer ingredients for salad in a serving bowl.
Step 4. Garnish beverage with mint leaves, if desired.



RANGE-TOP DINNER IN 35 MINUTES

You don't need a kitchenful of special equipment and ingredients to produce a meal in record time. For this pasta-presto dinner, you just rev up your range-top burners to simmer pasta, asparagus, sour cream sauce, and a fruit dessert fix-up.

Recipes begin on page 118.

MENU

Ad-lib Antipasto*
Prosciutto and Pasta*
Breadsticks
Easy Poached Pears with Orange Sauce*
Beverage

Preparation schedule:

1. Assemble ingredients. Start water boiling for pasta.
2. Poach pears; wait till serving time to add topper.
3. Arrange antipasto platter.
4. Cook pasta and asparagus. Cut prosciutto and make sour cream sauce.
5. Toss main dish ingredients.



BROILER BONANZA IN 30 MINUTES

Go there, do this, find that.—If your super active life-style creates simultaneous demands on your prime time, you need help at mealtime—like this quick-cook dinner. Activate your broiler and cook both the main dish and the dessert in half an hour.
Recipes begin on page 118.

MENU

Deli Kabobs*
Yellow Rice*
Lettuce Wedges
Thousand Island Dressing
Rye Bread
Butter or Margarine
Broiled Banana Crisp*

Preparation schedule:
Step 1. Preheat broiler. Assemble ingredients.
Step 2. Prepare banana dessert. (Top with ice cream at serving time.) Meanwhile, assemble salad.
Step 3. Fix and broil kabobs.
Step 4. Cook rice as kabobs broil; serve with kabobs.



NO-CHOP STIR-FRY DINNER IN 45 MINUTES

Add a little ingenuity to an already fast food idea and you can get dinner to the table on the double. This stir-fry main dish proves the point. It calls for convenience foods that eliminate the need for time-consuming chopping.

Recipes begin on page 118. Buying information, page 144

MENU

Hawaiian Sausage Stir-Fry*
Fresh Spinach Salad
Green Goddess Dressing
Instant Peach-Almond Sherbet*
Fortune Cookies
Beverage

Preparation schedule:

Step 1. Assemble ingredients.
Step 2. Blend the sherbet; freeze till serving time.
Step 3. Tear spinach for salad; don't add salad dressing till just before serving.
Step 4. Cook the sausage stir-fry; spoon onto a bed of chow mein noodles.

BUSY PEOPLE'S RECIPE CONTEST

Are you involved in a daily race with the clock as you try to cook nutritious family meals and keep up with myriad other activities? If so, we're hoping you've come up with some timesaving recipes that help you cope. Send them to us, and you might win $2,000 or 27 other top prizes.

1st PRIZE $2,000
2nd PRIZE $1,000
3rd PRIZE $750
4th PRIZE through 28th PRIZE $250
100 honorable mentions will receive the *Better Homes and Gardens® Complete Step-by-Step Cook Book*

To start you thinking: Have you streamlined a favorite but time-consuming recipe into a fast-to-fix one? Do you give a new twist to a convenience food to short-cut meal preparation? Are timesaving appliances such as the slow cooker or microwave oven a part of your cooking repertoire? Is your favorite recipe one you can quickly prepare, then put in the oven and forget? If you have recipes you'd like to share, send them to us. You might be a big winner. Hints: chicken and vegetable stir-fry, minute steak barbecue, easy ravioli soup, lazy daisy coffee cake, no-bake peach petal pie.

RULES FOR ENTERING THIS CONTEST

1. Print clearly or type your name and address on the entry blank provided. Check the category into which your recipe falls. If a special appliance is needed to prepare your recipe, note this on the form also. (This is for our sorting purposes only. A top prizewinner will not necessarily be chosen from each category.)
2. Write or type each Busy People's Recipe on a plain sheet of paper. Write or type your full name and address on each paper in the upper right-hand corner. Enter as many recipes as you wish, but write each entry on a separate piece of paper.
3. Give all measurements in level cups, tablespoons, teaspoons.
4. Specify brand names of nationally known food products you use as ingredients, so we can test your recipe with the same brands.
5. Include a statement of not more than 50 words explaining the recipe origin and why it is timesaving.



6. Entries will be judged on originality, taste, appearance, and clarity. Decisions of the judges will be final.
7. Mail entries to Busy People's Recipe Contest, P.O. Box 10623, Des Moines, Iowa 50336. All entries must be postmarked no later than May 1, 1979, and received by May 15, 1979.
8. If your recipe is judged a winner, you give Meredith Corporation the right to use it in any manner as long as we wish. We reserve the right to adjust and edit recipes. Contest winners will be notified in August, 1979.
9. All winners will be required to sign an affidavit certifying that their entries are original ideas, not previously published, and that they have followed these official contest rules.
10. A list of winners may be obtained by sending a self-addressed stamped envelope. No recipes will be returned.
11. Any resident of the United States or Canada may enter. Employees of Meredith Corporation, its affiliates, subsidiaries, its advertising agencies, and their families, are not eligible.
12. The top winning entries will be published in a future issue of *Better Homes and Gardens®* magazine.
13. This contest is subject to all federal, state, and local laws and regulations. All liability for federal, state, or other taxes imposed on a prizewinner are the sole responsibility of each winner and not of Meredith Corporation. This contest is void where prohibited by law.

ENTRY BLANK

Busy People's Recipe Contest
P.O. Box 10623
Des Moines, Iowa 50336

My recipe is:

- ☐ Dessert
- ☐ Main Dish
  - ☐ Meat
  - ☐ Poultry
  - ☐ Fish and Seafood
  - ☐ Eggs and Cheese
- ☐ Salad
- ☐ Soup
- ☐ Vegetable
- ☐ Bread and Sandwich
- ☐ Appetizer and Snack

Check if applicable:
My recipe requires:

- ☐ Microwave Oven
- ☐ Slow Cooker
- ☐ Blender
- ☐ Food Processor

Name of recipe: _____

Your name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

HAWAII

As close as the Campbell's Soup on your shelf.



Campbell Soup Company Camden N.J. 08101 U.S.A.

Island-Style Chicken

1 can (about 8 ounces) pineapple chunks in heavy syrup
2 pounds chicken parts
2 tablespoons shortening
1 can Campbell's Chicken Broth
¼ cup vinegar
2 tablespoons brown sugar
2 teaspoons soy sauce
1 large clove garlic, minced
1 medium green pepper, cut in squares
3 tablespoons cornstarch
¼ cup water

Drain pineapple chunks, reserving syrup. In skillet, brown chicken in shortening; pour off fat. Add reserved syrup, broth, vinegar, sugar, soy, and garlic. Cover; cook over low heat 40 minutes. Add green pepper and pineapple chunks; cook 5 minutes more or until done. Stir occasionally. Combine cornstarch and water; gradually stir into sauce. Cook, stirring until thickened. Serve with cooked parsleyed rice. Makes 4 servings.



Cookbook offer: Enjoy the art of good cooking with Campbell's brand-new cookbook—"The Creative Cook," containing over 250 outstanding recipes. Just send $2.50 (check or money order only) with your name, address and zip code to: CREATIVE COOK, Box 8141, Clinton, Iowa 52732. Offer good only in U.S.A. Allow 8 weeks for delivery. Void if taxed, restricted or forbidden by law. Offer expires June 30, 1979.

A world of good cooking brought home with Campbell's.

Thursday's chicken is Thursday's chicken. But a blend of two rices and twenty-three different herbs and seasonings is not a potato.



What a success.



Also available in Canada

begins on page 110

Meals in a hurry

MEXICAN-STYLE QUICHE

Flour tortillas make these crusts easier than pie—

4 6-inch flour tortillas
4 ounces monterey jack cheese with peppers, sliced
1 3-ounce can French-fried onions (1⅔ cups)
2 cups milk
4 beaten eggs
½ teaspoon salt
½ teaspoon chili powder
¼ teaspoon dry mustard

Gently press one flour tortilla in each of four individual au gratin casseroles; top with cheese slices and about *three-fourths* (1¼ cups) of the onion rings (reserve remaining onions for garnish). In saucepan heat milk almost to boiling. Gradually add milk to eggs, blending well; stir in salt, chili powder, and mustard. Place casseroles in shallow baking pan; place on oven rack. Divide egg mixture evenly between the casseroles. Bake in 350° oven for 23 minutes. Sprinkle reserved onions atop. Bake 5 minutes more or till knife inserted just off-center comes out clean. Let stand at room temperature 5 minutes before serving. Garnish with parsley and pickled peppers, if desired. Makes 4 servings.

Microwave method: Place one flour tortilla in each of four individual nonmetal au gratin casseroles. Top with cheese slices and *three-fourths* (about 1¼ cups) of the onions (reserve remaining onions for garnish). In 4-cup glass measure heat milk in counter-top microwave oven on high power about 3 minutes. Gradually add milk to eggs, blending well; stir in salt, chili powder, and mustard. Divide egg mixture evenly between the casseroles. Micro-cook, uncovered, for 6 minutes, turning casseroles and rearranging three times. Sprinkle reserved onions atop. Let stand 10 minutes. (Pies will continue to cook.) Garnish with parsley and pickled peppers, if desired.

MANDARIN FRUIT COBBLER

Canned pie filling teams up with prebaked heat-and-serve biscuits in this lickety-split treat—

1 21-ounce can fruit pie filling (any flavor)

continued

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We're as deliciously fudgy as brownies should be. And here's 15¢ for you to try them and see!



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15¢

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15¢

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continued

Meals in a hurry

1 11-ounce can mandarin orange sections, drained
2 tablespoons sugar
¼ teaspoon ground cinnamon
½ package pre-baked heat-and-serve biscuits (6 biscuits)
2 tablespoons butter *or* margarine, melted

In medium saucepan heat pie filling till bubbly; stir in orange sections. Turn mixture into 8x8x2-inch baking dish. Combine sugar and cinnamon. Dip tops of biscuits in melted butter or margarine then in sugar-cinnamon mixture. Arrange atop fruit. Bake in 350° oven for 20 to 25 minutes or till heated through. Makes 4 to 6 servings.

Microwave method: Turn pie filling and orange sections into 8x8x2-inch nonmetal baking dish; stir together. Micro-cook in counter-top microwave oven at high power for 5 minutes or till bubbly, stirring 2 or 3 times. Combine sugar and cinnamon. In glass custard cup melt butter or margarine for 30 seconds. Dip tops of biscuits in melted butter or margarine then in mixture of sugar and cinnamon. Arrange atop fruit mixture. Cook at high for 2 minutes or till bubbly and hot.

DOUBLE RASPBERRY TORTE

½ pint frozen raspberry yogurt
1 10¾-ounce loaf frozen pound cake
¼ cup raspberry preserves
1 tablespoon crème de cassis
Pressurized whipped cream

Remove yogurt and cake from freezer. Cut cake crosswise into eight ½-inch slices; rewrap and return unused cake to freezer. Stir together raspberry preserves and crème de cassis. Spread some of the preserves mixture over *4* slices of cake; spoon and spread the frozen yogurt over. Top each with another slice of cake and some preserves mixture. Store in freezer while cooking fish entrée. To serve, garnish with whipped cream. Makes 4 servings.

GREEN BEAN-FISH AMANDINE

You can use other frozen mixed vegetables in place of the beans—

4 frozen salmon *or* other fish steaks, cut ¾ inch thick (about 2 pounds)
2 cups water
2 tablespoons lemon juice
1 teaspoon salt
1 10-ounce package frozen green beans with almonds
1 cup milk
½ cup process Swiss cheese, cut in cubes (2 ounces)
2 tablespoons all-purpose flour
2 tablespoons butter *or* margarine
¼ teaspoon salt
1 tablespoon sherry

Place frozen fish steaks in large skillet. Add water, lemon juice, and the 1 teaspoon salt. Bring to boiling. Reduce heat and simmer, covered, about 10 minutes or till fish flakes easily when tested with a fork. Meanwhile, cook green beans according to package directions *except* set packet of almonds from frozen green bean package aside; drain beans thoroughly. Put milk, cheese, flour, butter or margarine, and salt in blender container. Cover and blend till ingredients are

continued

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Taster's Choice® 100% Freeze-Dried Coffee. It really does look, smell and taste like ground roast coffee.



½ cup vinegar
½ cup salad oil
1 tablespoon sugar
1 tablespoon Dijon-style mustard
1½ teaspoons worcestershire sauce
1 medium head lettuce, torn (6 cups)
2 6¾-ounce cans chunk ham, drained and broken up
1 4-ounce package (1 cup) shredded mozzarella cheese
1 4½-ounce jar sliced mushrooms, drained
½ of a 6-ounce package (2 cups) croutons (any flavor)

In screw-top jar combine soup, vinegar, oil, sugar, mustard, and worcestershire sauce. Cover and shake well. In a large bowl layer *half* of the lettuce, ham, cheese, mushrooms, and croutons. Repeat layers; drizzle some dressing atop and toss. Pass remaining dressing. Makes 6 servings.

POACHED PEARS WITH ORANGE SAUCE

Lightly spiced with cinnamon—

1 16-ounce can pear halves
¼ cup frozen orange juice concentrate
1 inch stick cinnamon
Dash salt
½ of a 4-ounce container whipped cream cheese
Ground cinnamon

Drain pears, reserving liquid. In medium saucepan stir orange juice concentrate into pear liquid, stirring till concentrate is dissolved; add stick cinnamon and salt. Bring to boiling. Add pear halves. Cook, uncovered, 1 to 2 minutes or till pears are heated through. Let stand till serving time;

continued

Meals in a hurry

combined. Pour mixture into saucepan. Cook and stir till mixture is thickened and bubbly; cook and stir 2 minutes more. Stir in sherry and drained vegetables. Drain fish steaks and place on platter. Spoon bean sauce over fish; sprinkle with reserved almonds. If desired, garnish with parsley and lemon wedges. Makes 4 servings.

PINEAPPLE-LEMON DESSERT-IN-A-GLASS

This frosty drink doubles as beverage and dessert—

1 15½-ounce can crushed pineapple
2 8-ounce cartons lemon yogurt
1 cup milk
4 to 6 ice cubes (about 1 cup)
1 to 2 tablespoons sugar

Place *undrained* crushed pineapple, yogurt, and milk in blender container. Cover and blend till smooth. Add ice cubes, one at a time, blending after each addition till chopped. Sweeten to taste with sugar. Pour into glasses and chill while preparing remainder of meal. To serve, garnish with fresh mint, if desired. Makes 6 servings.

SOUPER STRATA SALAD

Canned tomato soup transforms into a snappy dressing—

1 can condensed tomato bisque soup

Puritan Oil is here.

Sunflower oil makes Puritan naturally light. In fact, frying with Puritan lets food taste the way nature makes it. So if you love good eating, why not use an oil that lets the natural flavor of food come through? That's what Puritan does.



If you hate cholesterol...



remove stick cinnamon. To serve, spoon pear halves and spiced syrup into dessert dishes. Top each serving with a dollop of whipped cream cheese. Sprinkle lightly with ground cinnamon. Makes 4 servings.

AD-LIB ANTIPASTO

1 6½- or 7-ounce can tuna, drained and broken into large chunks
Ripe olives
Pickled sliced beets
Cherry tomatoes
Marinated artichoke hearts
Leaf lettuce

Arrange tuna with some or all of the vegetable ingredients on a large lettuce-lined serving platter.

PROSCIUTTO AND PASTA

The parmesan sauce "cooks" as you toss it with the hot pasta—

8 ounces linguini *or* fettucini
1 10-ounce package frozen asparagus spears
¾ cup grated parmesan cheese
½ cup dairy sour cream
¼ cup dry white wine
¼ cup butter *or* margarine, melted
4 ounces thinly sliced prosciutto *or* very thinly sliced smoked ham, cut in 1-inch-wide strips

Cook pasta in a large amount of boiling salted water about 10 to 12 minutes or till tender. Meanwhile, cook asparagus according to package directions till crisp-tender; drain well. Combine cheese, sour cream, wine, and butter or margarine; stir in asparagus and prosciutto. Drain pasta well (do not rinse). Transfer to warm serving platter; toss with sour cream mixture. Garnish with additional parmesan, if desired. Serve immediately. Makes 6 servings.

BROILED BANANA CRISP

Drizzle a little chocolate syrup over the top for the chocolate lovers in your family—

4 small bananas
1 tablespoon lemon juice

• • •

3 tablespoons brown sugar
3 tablespoons quick-cooking rolled oats
2 tablespoons all-purpose flour
¼ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
2 tablespoons butter *or* margarine
Vanilla ice cream

Peel bananas; cut in half lengthwise then in half crosswise. Drizzle lemon juice over bananas. Place bananas in 4 individual broiler-proof dishes. In bowl combine brown sugar, rolled oats, flour, cinnamon, and nutmeg. Cut in butter or margarine till mixture is crumbly. Sprinkle mixture over bananas. Place under broiler with top of mixture about 4 to 5 inches from heat. Broil 3 to 4 minutes or till mixture is bubbly. Before serving, top with ice

continued

Puritan Oil is here.

Sunflower oil makes Puritan higher in polyunsaturates than corn oil. In fact, a diet to fight cholesterol that included Puritan was proven clinically effective. So if you love good eating but hate cholesterol, you'll love Puritan.



continued

Meals in a hurry

cream. Makes 4 servings.

Microwave method: Cut bananas as above. Place banana quarters in 4 individual nonmetal baking dishes. Prepare oatmeal topper as above. Top bananas with oatmeal mixture. Micro-cook, uncovered, in counter-top microwave oven at high power about 3 minutes or till mixture is bubbly. To serve, top with ice cream.

DELI KABOBS

You can substitute any of your favorite sliced luncheon meats for the salami, ham, and bologna—

4 slices salami
4 slices boiled ham, cut ⅛ inch thick
4 slices bologna
1 8-ounce can sweet potatoes, drained and cut in 1-inch pieces
1 large green pepper, cut in 1-inch squares
Bottled barbecue sauce
4 cherry tomatoes
1 recipe Yellow Rice (see below)

Preheat broiler. On four long skewers, alternately thread sliced meats (rolling or folding meats in quarters), sweet potato pieces, and green pepper squares. Place on rack of broiler pan. Broil 4 to 5 inches from heat 3 to 4 minutes. Brush each kabob generously with barbecue sauce. Turn kabobs. Thread one cherry tomato onto end of each skewer. Brush meat and vegetables with additional barbecue sauce. Broil 3 to 4 minutes more or till heated through. Serve on Yellow Rice. Makes 4 servings.

Microwave method: Thread meat and vegetables on four *bamboo* skewers. Place in 12x7½x2-inch baking dish. Micro-cook, uncovered, in counter-top microwave oven at high power 2 to 3 minutes. Brush each kabob generously with barbecue sauce. Turn skewers over. Add a cherry tomato to end of each skewer. Brush meat and vegetables with additional barbecue sauce. Give dish a half turn. Cook, uncovered, at high power, 2 to 3 minutes more or till heated through. Serve with Yellow Rice.

YELLOW RICE

1½ cups quick-cooking rice
¼ teaspoon ground turmeric

Prepare rice according to package directions, adding turmeric to water. Serve with kabobs. Makes 4 servings.

INSTANT PEACH-ALMOND SHERBET

You'll want to try this quick dessert idea with frozen strawberries, too—

½ cup water
2 tablespoons instant breakfast orange drink powder
2 10-ounce packages frozen peaches
¼ teaspoon almond extract

Place water and breakfast drink powder in container. Break up frozen peaches with a fork; add to blender along with extract. Cover and blend on high till smooth and sherbet-like in texture. If necessary, stop blender and push ingredients toward blades with rubber spatula. Spoon into sherbet dishes; store in freezer till serving time. Garnish with shredded coconut, if desired. Makes 4 servings.

continued

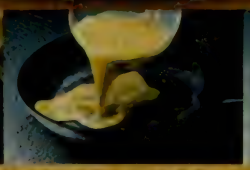




Teflon* makes omelets incredibly easy.



Beat together 2 eggs, 2 T. water, dash salt and pepper. For a bigger omelet use 3 eggs and 3 T. water.



Heat 1 to 2 T. butter in Teflon-coated omelet pan over medium-high heat until butter foams. Pour in eggs.



With plastic pancake turner move cooked eggs at edges to center.



As you push cooked eggs to center, tip and tilt pan so uncooked eggs can move to pan surface to cook.



Fill on left side while top is still moist and creamy. Slip turner under unfilled side and fold over filling.



Tip omelet in pan over heated plate, then turn omelet out onto plate.

Eggs are one of today's best food buys. And you don't have to be a gourmet chef to prepare them. Especially when you use cookware with a non-stick Teflon surface. It makes all your favorite dishes easier. Clean-up's a snap, too. Eggs and Teflon. Simply incredible.



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BHG 4/79

HAPPY EASTER



Italian children find their Easter eggs on top of this festive coffeecake. You can bake-it-easy with Fleischmann's® Yeast. Because, not counting rising and baking time, it takes less than 25 minutes of your attention.

Italian Easter Bread (Makes 1 ring)

2 ¾ to 3¼ cups unsifted flour
¼ cup sugar
1 teaspoon salt
1 package Fleischmann's Active Dry Yeast
⅘ cup milk
2 tablespoons Fleischmann's® Margarine
2 eggs (at room temperature)
½ cup mixed candied fruits
¼ cup chopped Planters® Blanched Almonds
½ teaspoon anise seed
Melted Fleischmann's Margarine
5 colored raw eggs
Confectioners' sugar frosting
Colored sprinkles

In a large bowl, combine 1 cup flour, sugar, salt and undissolved yeast. Heat milk and 2 tablespoons margarine in a saucepan over low heat until liquid is warm (120°-130°F.). Add to dry ingredients; beat 2 minutes at medium speed, scraping bowl occasionally. Add 2 eggs and ½ cup flour. Beat at high speed 2 minutes. Stir in enough additional flour to make a soft dough. Turn onto floured board; knead until smooth and elastic, 10 minutes. Place in greased bowl; turn to grease top. Cover; let rise in warm place (85°) for about 1 hour.

Punch dough down; turn onto floured board. Knead in fruits, almonds and anise seed. Divide in half. Roll each piece of dough into a 24-inch rope. Twist ropes together loosely; form into a ring on a greased baking sheet. Brush with melted margarine. Place colored eggs into spaces in twist. Cover; let rise until doubled, about 1 hour.

Bake at 350°F. for 30 to 35 minutes, or until done. Remove from baking sheet; cool. Frost ring and decorate with sprinkles.



For more Easter bread recipes from around the world, send a stamped, self-addressed envelope to: Easter Recipes, Box 924—Dept. O, Madison Square Station, New York, New York 10010

Standard Brands

Fleischmann's Yeast. Bake someone happy.

continued

Meals in a hurry

HAWAIIAN-SAUSAGE STIR-FRY

A blend of bottled teriyaki sauce, pineapple juice, and brown sugar lends a Cantonese flavor—

3 tablespoons bottled teriyaki sauce
4 teaspoons cornstarch
1¼ cups unsweetened pineapple juice
1 tablespoon brown sugar

• • •

1 6-ounce package frozen pea pods
1 12-ounce package smoked sausage links, cut crosswise in thirds
1 10-ounce package frozen Hawaiian-style vegetables
Chow mein noodles

In small bowl blend teriyaki sauce into cornstarch. Stir in pineapple juice and brown sugar; set aside. Pour hot tap water over pea pods to thaw. Drain and set aside. In large skillet or wok stir-fry sausage about 5 minutes or till browned. Stir the teriyaki mixture; stir into skillet or wok along with the frozen Hawaiian-style vegetables. Cook and stir till mixture bubbles, breaking vegetables apart as they begin to thaw. Cover and cook 2 minutes longer; stir in pea pods. Cover and cook 1 minute longer. Serve at once over chow mein noodles. Makes 4 servings.

Microwave method: In small bowl blend the teriyaki sauce into the cornstarch. Using only *¾ cup* pineapple juice, stir pineapple juice and brown sugar into teriyaki mixture; set aside. Pour hot tap water over pea pods to thaw. Drain and set aside. In 2-quart nonmetal casserole micro-cook sausage, covered, in a counter-top microwave oven at high power about 1 to 2 minutes or till sausage is heated through. Stir the teriyaki mixture; stir into casserole along with the Hawaiian-style vegetables. Cook, covered, about 3 minutes or till mixture bubbles, stirring once or twice to break vegetables apart. Cook, uncovered, 5 minutes or till vegetables are done, stirring after every minute. Stir in pea pods. Cook, uncovered, about 1 to 2 minutes longer. Serve at once over chow mein noodles. ■



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"When I was little I always asked for more Smucker's Grape Jelly 'cause it tastes so good. And mommy always told me the reason is that you can taste the grapes in every bite.

"You're probably too young to understand what no preservatives and no artificial flavoring or coloring means. But it means that Smucker's is the best grape jelly there is.

"That's why I buy the family size jars. It doesn't cost as much as you think. And there's always enough Smucker's in case you ask for more. Even though you can't ask for more. Because children don't learn how to talk until they're three."



With a name like Smucker's, it has to be good.

Baker's® presents "10 Minute" pies.

"My husband went wild about it."

Betty Brooks, Charlotte, North Carolina





"Creamy. Fluffy. Will definitely be one of my favorites. I loved using the blender."
Betty Brooks



"Simple. Smooth. Like chocolate mousse. I'll use this recipe when my mother-in-law visits."
Kathy Duran



"Impressive. Everybody said Mmmmm, that's good!"
Jackie Delice

Frosty Ambrosia Pie

1 package (3 oz.) cream cheese, softened
2 tablespoons sugar
1/2 cup milk
6 drops yellow food coloring*
3 drops red food coloring*
1/4 orange with peel, seeds removed
1-1/3 cups BAKER'S® ANGEL FLAKE® Coconut
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 8-inch graham cracker crust, prepared
*Optional

Combine cream cheese, sugar, milk, food coloring, orange and coconut in electric blender container. Cover and blend at medium speed for 30 seconds. Fold into whipped topping. Spoon into crust. Freeze until firm, about 4 hours. Let stand at room temperature 5 minutes before cutting, if necessary, for creamier texture. Garnish with orange slices. Store any leftover pie in freezer.

Chocolate Mousse Pie

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
1/3 cup milk
2 tablespoons sugar*
1 package (3 oz.) cream cheese, softened
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 8-inch graham cracker crust, prepared
*For less sweet pie, eliminate sugar.

Heat chocolate and 2 tablespoons of the milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, and beat until smooth. Fold chocolate mixture into whipped topping, blending until smooth. Spoon into crust. Freeze until firm, about 4 hours. Store any leftover pie in freezer.

Creamy Coconut Pie

1 package (3 oz.) cream cheese, softened
2 tablespoons sugar
1/2 cup milk
1-1/3 cups BAKER'S® ANGEL FLAKE® Coconut
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1/2 teaspoon almond extract*
1 8-inch graham cracker crust, prepared
*Optional

Combine cream cheese, sugar, milk and coconut in electric blender container. Cover and blend at medium speed for 30 seconds. Fold into whipped topping, and add extract. Spoon into crust. Freeze until firm, about 4 hours. Sprinkle with additional coconut, toasted, if desired. Let stand at room temperature 5 minutes before cutting, if necessary, for creamier texture. Store any leftover pie in freezer.

We asked a group of women to try our easy frozen pie recipes. They were glad we asked. They said great things like "Very quick." "A timesaver." "Exquisitely simple."

And, they made mouth-watering comments like "Yummy." "Delicious." "Light." "Refreshing."

We think these pies are really delicious because Baker's® Coconut is fresh tasting, Baker's® Chocolate, rich and delicious, and, because Cool Whip® Non-Dairy Whipped Topping has a creamy, fresh taste.

Make terrific "10 Minute" frozen pies for your family. They'll love you for it.



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GENERAL FOODS

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It's easy to get homemade goodness with Baker's.®



File under Casseroles and one-dish meals

Buying information, page 144

PASTA CASSEROLES

Seafood Spaghetti Pie

A unique pasta crust with a rich seafood filling wins first-place honors—

6 ounces spaghetti
1 beaten egg
⅔ cup grated parmesan cheese
¼ teaspoon garlic powder

• • •

3 beaten eggs
1 4½-ounce can tiny shrimp, drained
1 4½-ounce can crab meat, drained, flaked, and cartilage removed
1 cup evaporated skimmed milk
2 tablespoons chopped green onion
½ teaspoon dried dillweed
Paprika

Cook spaghetti in boiling salted water according to package directions; drain. Combine the 1 beaten egg, *⅓ cup* of the parmesan, and the garlic powder. Add spaghetti, tossing to coat well. Press mixture on bottom and sides of a greased 9-inch pie plate; set aside. In a medium bowl combine the 3 beaten eggs, the shrimp, crab meat, milk, the remaining parmesan, the onion, and dillweed. Pour mixture into spaghetti shell. Sprinkle with paprika. Cover edges of pie with foil. Bake in a 350° oven for 35 to 40 minutes or till knife inserted just off-center comes out clean (center may seem moist). Let stand 5 minutes before serving. Makes 6 servings.

Marianne Hall, Los Angeles, Calif.



File under Salads

TOSSED SALADS

Spinach-Apple Toss with Mint Dressing

The dressing adds a hint of mint to this top-rated spinach salad—

½ cup salad oil
¼ cup lemon juice
1 tablespoon sliced green onion
1 teaspoon sugar
½ teaspoon salt
½ teaspoon dried mint, crushed, *or* 1 tablespoon fresh mint, chopped
Dash pepper
10 ounces fresh spinach, torn (about 8 cups)
2 medium apples, cored and thinly sliced
1 small cucumber, thinly sliced
⅓ cup sliced radishes
2 tablespoons shelled sunflower seed

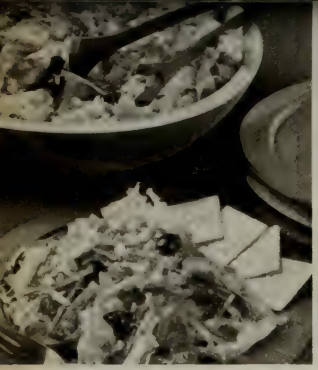
In a screw-top jar combine oil, lemon juice, onion, sugar, salt, mint, and pepper. Cover; shake well. Chill. In a large salad bowl combine spinach, sliced apple, cucumber, radishes, and sunflower seed. Shake dressing; pour over salad. Toss to coat. Makes 8 to 10 servings.

Leslie Ogden, San Luis Obispo, Calif.



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Pizza Salad

A Mediterranean-style chef's salad—

1 8-ounce can tomato sauce
½ cup salad oil
¼ cup white wine vinegar
1 teaspoon sugar
1 teaspoon salt
1 teaspoon dried oregano, crushed
¼ teaspoon garlic powder
⅛ teaspoon pepper
1 medium head lettuce, torn (6 cups)
8 ounces sliced salami, cut in 1½-inch strips
1 cup shredded mozzarella cheese
1 cup shredded cheddar cheese
2 medium tomatoes, chopped
1 green pepper, chopped
½ cup pitted ripe olives, halved
1 tablespoon snipped chives

In a screw-top jar combine tomato sauce, oil, vinegar, sugar, salt, oregano, garlic powder, and pepper; cover and shake. Chill. Combine lettuce, salami, cheeses, tomatoes, green pepper, olives, and chives. Shake dressing; pour some over salad. Toss to coat. Pass remaining dressing. Makes 6 to 8 servings.

Nancy L. Jones, Forestville, Calif.



Ginger Fruit Slaw

Use a combination of red and green cabbage for extra eye appeal—

1 8-ounce can crushed pineapple (juice pack)
5 cups shredded cabbage (about 6 ounces)
3 large oranges, sectioned
2 large carrots, shredded
¾ cup chopped dried apricots

• • •

¼ cup honey
1 tablespoon lemon juice
½ teaspoon ground ginger

Drain pineapple, reserving *¼ cup* of the juice; set aside. In a large bowl combine cabbage, orange sections, shredded carrots, apricots, and crushed pineapple; cover and chill. In a screw-top jar combine reserved pineapple juice, honey, lemon juice, and ginger; cover and shake well. Chill. Just before serving, shake dressing; pour over slaw. Toss to mix. Makes 6 to 8 servings.

Marilyn Rusnica, Amsterdam, N.Y.

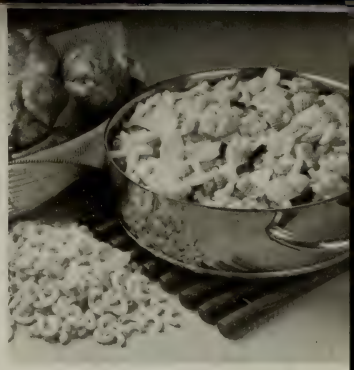


Spinach Noodle Casserole

6 ounces noodles (4 cups)
1 10-ounce package frozen chopped spinach
1 envelope hollandaise sauce mix
½ teaspoon dry mustard
1 cup dairy sour cream
¼ cup grated parmesan cheese
¼ cup Italian-seasoned bread crumbs
2 tablespoons grated parmesan cheese
1 tablespoon butter *or* margarine, melted

Cook noodles and spinach separately according to package directions; drain. Set aside. In saucepan combine hollandaise sauce mix and mustard; stir in ¾ cup *water*. Cook and stir till bubbly; stir in sour cream. Combine with noodles, spinach, the ¼ cup parmesan, and ½ teaspoon *salt*. Turn into ungreased 1½-quart casserole. Bake, covered, at 350° for 20 minutes. Combine bread crumbs, the 2 tablespoons parmesan, and butter or margarine; sprinkle atop. Bake 10 minutes more. Place sliced tomatoes atop, if desired. Makes 4 to 6 servings.

Marjorie Lindsay, Bonaparte, Ia.



Macaroni and Cheese Zucchini Bake

Here's an easy new twist for a dinner mix—

1 7¼-ounce package macaroni and cheese dinner mix
1½ cups quartered zucchini slices
2 tablespoons butter *or* margarine
1½ cups cream-style cottage cheese
½ teaspoon salt
½ teaspoon dried oregano, crushed
½ cup bite-sized shredded rice squares

Prepare macaroni and cheese dinner mix according to package directions. Meanwhile, in a medium skillet cook zucchini in butter or margarine till tender. Stir cooked zucchini into macaroni and cheese along with cottage cheese, salt, and oregano. Turn mixture into an ungreased 1½-quart casserole. Sprinkle rice squares atop. Bake, uncovered, in a 350° oven for 35 to 40 minutes. Makes 4 to 6 servings.

Mrs. Henry Hop, Kankakee, Ill.



Good Ideas Keep Popping Up.



When you've got Velveeta process cheese spread from Kraft, good ideas keep popping up. Like this Velveeta and frankfurter grill. Or this omelette made with bacon and Velveeta, a different way to serve bacon and eggs. For a wholesome main course idea, combine cubed Velveeta process cheese spread with ground beef and pork and beans, and top with biscuits and slices of Velveeta. Not only is Velveeta process cheese spread delicious cubed and cooked in special dishes, like stuffed green peppers, it tastes fine all by itself. It's another reason America spells cheese KRAFT.

No wonder Velveeta is so popular.

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FOOD

What's what in bottled water

If you haven't tried any of the bottled waters that are gaining in popularity, you're missing out on a pleasant taste sensation. Bottled water, both domestic and imported, is quite different from the purified or distilled water you use for steam ironing. Like wine, each type of bottled water has its own distinctive flavor resulting from minerals or trace elements that are present in the water. And, except for some of the imported waters, bottled water is less expensive than soda pop. Also, bottled water is no-calorie, so it's an ideal beverage for dieters.

Types Available

You'll find that there are many brands of water to choose from. These are the basic types:

- **Processed or specially prepared drinking water:** Water that is processed by removing all of the minerals and then replenishing some of them to achieve a particular flavor. The minerals added vary among brands.
- **Natural water or spring water:** Water that is bottled intact from a naturally flowing spring or well, with all of the minerals left in.
- **Mineral water:** A type of bottled water containing large amounts of minerals. Most brands are imported.
- **Sparkling water:** Effervescent spring mineral water that has a subtle alkaline flavor. The natural carbonation in this water lasts longer than in artificially carbonated beverages.

How to enjoy it

Bottled water is available in liquor stores and most large supermarkets on the soft drink shelves. You may want to experiment with several types and brands of bottled water, since they vary considerably. No two flavors are alike. Try some of these ideas:

- Drink bottled water on the rocks with a twist of lime or a slice of lemon.
- For a refreshing flavor, use spring or mineral water to prepare coffee, tea, fruit-flavored drink mixes, or fruit juice concentrates.
- Add sparkling water to wine for a bubbling "champagne" spritzer. ■


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Cheese Dinner
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Success® waits for you.

FOOD

Preparing fresh pineapple

You can perk up salads, main dishes, desserts, and even breakfast cereal with fresh pineapple—but first you have to "unwrap" it. Follow along and we'll show you how.

- Start by choosing a plump pineapple that's yellow or reddish brown with a fruity aroma.
- To peel the whole pineapple, first remove the crown. Hold the crown in one hand and the pineapple in the other. Then twist your hands in opposite directions. The crown should come off easily.



Photographs: Dieter

- Trim the top of the pineapple, cut off the base, and stand the fruit upright. Cutting from top to bottom with a sharp knife, slice off wide strips of peel, leaving as much fruit as possible.



- Remove the eyes by cutting away thin diagonal grooves of fruit.
- For spears or chunks, cut the pineapple into eighths lengthwise. Slice off the center core from each wedge. Cut fruit into desired shape.
- For slices or tidbits, cut the fruit horizontally. Remove the core from each slice. For tidbits, cut the slices into ten or 12 pieces. ■

Hot Dog m-m-Magic!

Turn ordinary hot dogs into Cheese'n Wiener Crescents with Cracker Barrel® Cheese and Pillsbury Crescent Rolls.



1. Slit wieners to within ½" of ends; insert strips of Cracker Barrel sharp cheddar cheese.



2. Place wiener on shortest side of Pillsbury Crescent dough triangle; roll up.

3. Place, cheese-side-up, on cookie sheet. Bake at 375°F. for 12 to 15 minutes or until golden brown.

"Get 'em while they're hot."



KRAFT

Poppin Fresh® © 1970 The Pillsbury Company

Take this.



Tropicana—100% pure. 100% delicious.
No wonder it's America's favorite
natural orange juice.

1 15½-ounce can red kidney beans, drained
1 17-ounce can whole kernel corn
1 10¾-ounce can condensed tomato soup
1 cup quick-cooking rice
1 cup water
½ cup sliced pitted ripe olives
2 to 3 teaspoons chili powder
½ teaspoon dried oregano, crushed

In 12-inch skillet with oven-proof handle, brown pork chops on both sides in cooking oil; remove from skillet. Drain on paper towels. Season chops with *salt* and *pepper;* set aside. In same skillet cook onion till tender but not brown. Add the drained beans, *undrained* corn, soup, uncooked rice, water, olives, chili powder, oregano, ½ teaspoon *salt,* and the dash *pepper.* Heat mixture to boiling. Arrange chops atop. Bake, uncovered, in 350° oven 40 minutes. Let stand 10 minutes before serving. Garnish with parsley, if desired. Makes 6 servings.

OVEN HORSERADISH BREAD

½ cup sour cream dip with bacon and horseradish
1 beaten egg
¼ teaspoon salt
½ cup milk
2 cups packaged biscuit mix
2 tablespoons sliced green onion with tops

In a bowl combine the sour cream dip, egg, and salt; mix till well blended. Remove ⅓ cup sour cream dip mixture; set aside. Stir milk into remaining mixture. Add biscuit mix

FOOD

EASY OVEN MEAL

Need a dinner menu that doesn't require last-minute fuss? Try this tempting meal—the main dish, bread, and dessert can all bake simultaneously in the oven. Start by preparing the bread, then move on to the pork chops and apple squares. To make dinner complete, just top lettuce wedges with bottled salad dressing.
Buying information, page 144

MENU
Pork Chops, Mexican-style
Lettuce Wedges Italian Dressing
Oven Horseradish Bread
Butter *or* Margarine
Cheese-Apple Squares
Milk Coffee

PORK CHOPS, MEXICAN-STYLE

6 pork chops, cut ½ inch thick
2 tablespoons cooking oil
½ cup chopped onion

And this.



Knox Gelatine—100% pure. 100% versatile
No wonder it's America's favorite
unflavored gelatine.

and green onion, stirring just till blended. Turn batter into a greased 8x4x2-inch loaf pan. Spread reserved sour cream mixture evenly over batter. Bake in 350° oven 45 to 50 minutes. Cool 10 minutes before removing from pan. Serve warm. Makes 1.

CHEESE-APPLE SQUARES

¾ cup crushed graham crackers
½ cup all-purpose flour
½ cup packed brown sugar
6 tablespoons butter *or* margarine, softened
1 20-ounce can sliced apples, drained
1 cup shredded cheddar cheese
¼ cup chopped walnuts

In mixing bowl combine graham cracker crumbs, flour, and brown sugar. Cut in butter or margarine till crumbly. Set aside ¾ cup mixture. Pat remaining crumb mixture in bottom of an 8x8x2-inch baking pan. Bake in 350° oven for 10 minutes.

Stir together apples, cheese, and nuts; spoon atop crust. Sprinkle reserved crumb mixture over all. Bake 20 minutes. Serve warm. Serves 9. ■



Photograph: Dieter

And you can make delicious, natural Orange-to-Goodness Tropicana® Knox® Blox.



3 envelopes Knox Unflavored Gelatine
1½ cups Tropicana 100% Pure Orange Juice
1½ cups Tropicana 100% Pure Orange Juice, heated to boiling
2 tablespoons sugar or honey (optional)

In medium bowl, mix Knox Unflavored Gelatine with cold Tropicana 100% Pure Orange Juice. Add hot juice and stir until gelatine is completely dissolved; stir in sugar. Pour into 8 or 9-inch baking pan and chill until firm. To serve, cut into 1-inch squares. Makes about 6 dozen Blox.



When you've carefully shopped for a wine and you've carried your choice home, what more do you need than an appreciative family or friends to help you enjoy it? Very little—just a corkscrew and wineglasses. Of course, you might want to go a step further and buy other accouterments. Here are some guidelines to help you.

The Accouterments of Wine

The ins and outs of corkscrews

Only sparkling wines, the higher alcohol dessert and appetizer wines, and the less expensive wines with screw-on caps can be managed without a corkscrew. All better quality table wines are sealed with corks. For frustration-free access without floating bits of cork in the wine, you need a good corkscrew.

There are really three basic types which are satisfactory, although there are many variations of each. Since corks sometimes are hard to manage and one type of corkscrew may work better than another, you may want to buy two or three different kinds.

The *wine-waiter's corkscrew* folds flat and can be carried in the pocket like a jackknife. It has the recommended wire helix or "worm" that is hollow; this kind of spiral doesn't chew up the cork as an auger type may at times. The corkscrew anchors on the lip of the bottle and usually includes a fold-out knife for cutting the capsule that covers the cork.

The *corkscrew with arms as levers* is perfect for no-problem corks. Although it has an auger, not a hollow spiral, all in all it's the easiest corkscrew to use.

The *two-pronged cork-puller* isn't technically a corkscrew, but it can come to the rescue when you're about to butcher a cork. The two flexible steel prongs are inserted between cork and bottle. With a twisting motion, you can remove the cork intact.

Among other types of cork removers, there is a wooden, double-handled device (with the wire helix spiral) which many like, and there's also the device with a needle through which you pump air to push out the cork. Trouble is, if you aren't careful, you can have a minor explosion, and you can lose some of the wine in a gush.



Glass basics

You need a few glasses, too—those designed for drinking wine, not little juice glasses or big water tumblers, though either will do in a pinch. Choose wineglasses that are not colored, fancy, or faceted, so that you can admire the appealing color of the wine as you drink it. Wineglasses come in many shapes and sizes; the most fragile (thinnest crystal) are the most expensive. Many people settle for something sturdier so they needn't worry about breakage.

A good all-purpose wineglass is seven or eight inches tall, of eight- to ten-ounce capacity, with a tulip-shaped bowl that curves in slightly at the rim, and a slim stem about three inches long. While you may find shorter stemmed glasses, the longer stems are more graceful. But if you have an automatic dishwasher, be sure they'll fit the top rack. All-purpose wineglasses needn't cost more than $2 or $3 each.

The extras

Beyond corkscrews and glasses, the accouterments of wine are optional.

Coasters were designed centuries ago in England to send a bottle of wine sliding down a long table to one's drinking companions. Nowadays, coasters are used to catch drops of wine that might otherwise spot a table or tablecloth.

Silver pouring spouts (there are plastic ones, too) make nice gifts and may be used for the same purpose as coasters. But if you pour wine correctly, giving a slight twist to the wrist as you lift the bottle away from the glass, nary a drop of wine should fall.

Decanters are needed only for pouring very old wine off its settlings or removing a sulfur smell from a young wine. These situations seldom are encountered by "average" wine drinkers.

Carafe serving bottles are fun for dispensing inexpensive wines. But if the wine is choice, most people like to see the label on the bottle.

As for the *wine basket,* it was originally designed to carry an old wine from a cold cellar without disturbing the sediment.

What about *wine racks?* They are attractive and useful and they conveniently hold a dozen or so bottles. But a wine rack is not essential. ■

Produced by Ruth Ellen Church

Drawings: Picard Didier

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The makers of 15 washers pack Tide coupons in their top-loading automatics.

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Moist n' Chewy Brownies

(Makes 40 brownies)

1 cup (6 ounces) Hershey's Semi-Sweet Chocolate Chips
¼ cup butter or margarine
2 cups biscuit baking mix
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
1 egg, beaten
1 cup chopped walnuts
PAM® Pure Vegetable Cooking Spray



Preheat oven to 350°. In large saucepan sprayed with PAM, over very low heat, melt chips and butter. Stir occasionally until well blended; remove from heat. Add baking mix, sweetened condensed milk and egg; stir well. Stir in nuts. Spray PAM on bottom and sides of 13x9-inch baking dish; pour brownie mixture into dish. Bake 20 to 25 minutes. Cool slightly. Cut into squares.



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MICROWAVE COOKING

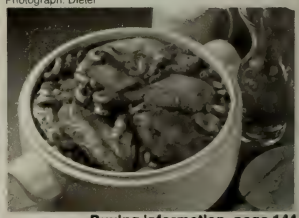
"Cacciatore" in a hurry

This cacciatore-style casserole cooks in next to no time. Partially micro-cook the macaroni in water, then add spaghetti sauce, seasonings, and chicken. A half hour later, sit down to a hearty dinner.

Note: Timings are approximate. Counter-top microwave ovens vary by manufacturer.

MENU
Chicken 'n Mac Bake
Fresh Vegetable Salad
Blue Cheese Dressing
Sourdough Bread
Spumoni
White Wine Milk

Photograph: Dieter



Buying information, page 144

CHICKEN 'N MAC BAKE

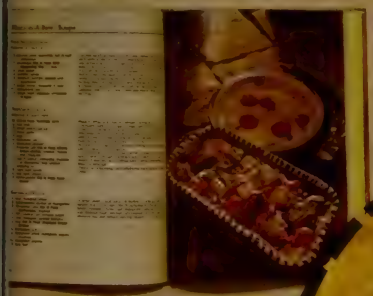
2 cups elbow macaroni
3 cups hot water
1 15½-ounce jar spaghetti sauce
¼ cup dry white wine
½ teaspoon salt
½ teaspoon onion powder
½ teaspoon dried oregano, crushed
⅛ teaspoon pepper
1 2½- to 3-pound broiler-fryer chicken, cut up
¼ cup grated parmesan cheese

In 3-quart casserole combine macaroni and water. Cook, uncovered, on high setting for 6 minutes or till partially cooked; drain. In same casserole combine macaroni, spaghetti sauce, wine, salt, onion powder, oregano, and pepper. Add chicken pieces. Cover and cook on high for 25 minutes or till chicken is done, stirring mixture and rearranging chicken pieces after 12 minutes. Sprinkle with cheese just before serving. Makes 4 servings. ■

200 WAYS TO PUT MEAT'N POTATOES TO SHAME.



If you're looking for ideas to get your meals cooking, get Old El Paso's new Sun Country Mexican Cookbook. The Meat and Potato Pie you see up there, made with Old El Paso Taco Seasoning Mix and Taco Sauce, will make meat and potatoes sparkle. And the Taco Salad is a meal in itself that takes about 15 minutes to prepare, and no time to disappear.



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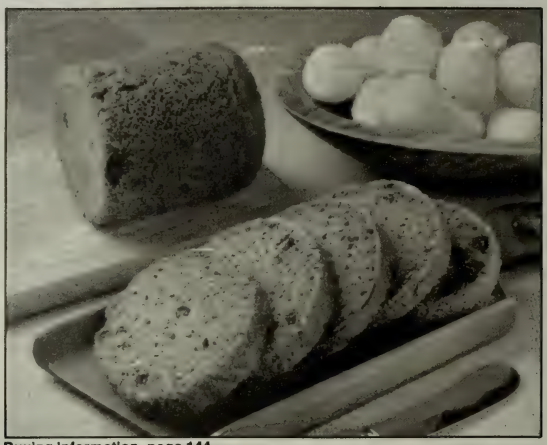
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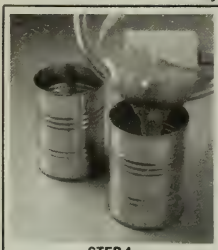
STEP-BY-STEP COOKING

BOSTON BROWN BREAD

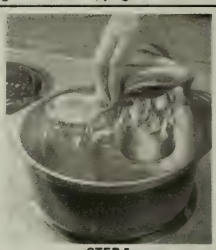


Buying information, page 144

Photographs: Dieter



STEP 4



STEP 5



STEP 6



STEP 8

As every New Englander knows, baked beans aren't bona fide unless they're accompanied by Boston Brown Bread. This molasses-flavored dark bread usually is steamed in a Dutch oven. You may find it easier to use an electric slow crockery cooker that steams the bread automatically. Or for a fast version, you can micro-cook the bread.

BOSTON BROWN BREAD

½ cup whole wheat flour
¼ cup all-purpose flour
¼ cup cornmeal
½ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
1 beaten egg
¼ cup light molasses
2 tablespoons sugar
2 teaspoons cooking oil
¾ cup buttermilk *or* sour milk
¼ cup raisins

STEP 1: Stir together the flours, cornmeal, baking powder, soda, and salt.

STEP 2: In mixing bowl combine the egg, molasses, sugar, and cooking oil.

STEP 3: Add the flour mixture to molasses mixture alternately with buttermilk; beat well. Stir in raisins.

STEP 4: Turn batter into two well-greased 16-ounce vegetable cans. Cover cans tightly with foil.

STEP 5: Place cans on a rack set in a large Dutch oven.

STEP 6: Pour hot water into Dutch oven to a depth of 1 inch. Bring to boiling; reduce heat. Cover; simmer over low heat for 2½ to 3 hours or till bread tests done. Add boiling water as needed.

STEP 7: Remove cans from pan; let stand 10 minutes on wire rack.

STEP 8: Remove bread from cans with spatula. Serve warm. Makes 2.

CROCKERY COOKER METHOD

Prepare batter and spoon into cans as directed in steps 1 through 4. Place cans in 3½- to 4-quart electric slow crockery cooker. Cover and cook on high-heat setting for 3 hours. Remove cans from cooker; cool 10 minutes in cans. Serve warm. Makes 2 loaves.

MICROWAVE METHOD

Prepare batter through step 3. Spoon into three 8-ounce foam drink cups *or* waxed paper drink cups (not plastic). Place in counter-top microwave oven; micro-cook, uncovered, on high power for 2 minutes. Rearrange cups; cook for 2 to 2½ minutes more (tops may seem moist). Cool in cups 5 minutes; serve warm. Makes 3. ■

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

FRESH-AS-SPRING TABLEWARE
Page 38 (top): Stemware on tray (foreground) "Fair Lady Platinum"—Lenox Crystal, Inc., Lawrenceville, N.J. 08648. Stemware on tray (background) "Bamberg"—Gorham Crystal, 333 Adelaide Ave., Providence, R.I. 02907. Porcelain china (rear) "Evesham"—Royal Worcester Spode Inc., 26 Kennedy Blvd., E. Brunswick, N.J. 08816. Oven-To-Tableware (center) "Fruit Sprays"—Wedgwood, 41 Madison Ave., New York, N.Y. 10010. Bone china (foreground) "Rockingham"—Royal Worcester Spode Inc. (address above). Sterling knife and spoon "Golden Tradewinds"—International Silver Co., 500 S. Broad St., Meriden, Conn. 06450. Sterling flatware (on box) "Coburg"—Oxford Hall Silversmiths Ltd., 225 Fifth Ave., New York, N.Y. 10010. Striped linens "Hockey Stripe"—KATJA Designs for Wellman Inc., 225 Fifth Ave., New York, N.Y. 10010. Colored napkins "Irish Bistro"—Leacock and Co., Inc., 1040 Ave. of the Americas, New York, N.Y. White napkin and peach napkin "Heather"—Fallini & Cohen, Inc., 14 E. 38th St., New York, N.Y. 10016.
Page 38 (bottom): China "Kenmare"—Noritake Co., 41 Madison Ave., New York, N.Y. 10010. Stemware "Etcho Grapes"—West Virginia Glass Specialty Co., Inc., P.O. Box 510, Weston, W.V. 26452. Silverplate flatware "Silver Shell"—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421. Linens "Ice Cream"—KATJA Designs for Wellman Inc. (address above). Napkin ring—Vera, 417 Fifth Ave., New York, N.Y. 10016.
Page 39 *Top shelf left to right:* China basket "Violets in the Snow"—The Fenton Art Glass Co., Williamstown, W.Va. 26187. Stemware (foreground) Smithsonian Institution Collection by Imperial Glass Corp., Bellaire, Ohio 43906. Stemware (background) "Lance"—J.G. Durand Intn'l., Wade Blvd. Millville, N.J. 08332. Bone china "Ming Blossom"—Lenox China Inc. (address above). Sterling flatware "Rose Point"—Wallace Silversmiths, Wallingford, Conn. 06492. *Middle shelf left to right:* Porcelain china "Mandalay"—Robert Haviland & C. Parlon, 225 Fifth Ave., New York, N.Y. 10010. Silverplate flatware "Affection"—Oneida Ltd., Silversmiths (address above). Crystal "Saga"—Hadeland of Norway, distributed by Bing & Grøndahl, 111 N. Lawn Ave., Elmsford, N.Y. 10523. China "Henriette"—Royal Copenhagen Porcelain Corp., 575 Madison Ave., New York, N.Y. 10022. Silverplate flatware "Dresden Rose"—Reed and Barton, 144 W. Britannia St., Taunton, Mass. 02780. Crystal "Renaissance Gold"—Fostoria Glass Co., Moundsville, W. Va. 26041. *Bottom shelf left to right:* Bone china "Arcadia"—Doulton and Co., 41 Madison Ave., New York, N.Y. 10010. Sterling flatware "Buttercup"—Gorham Co. (address above). Vase "Spiral"—J. G. Durand (address above). Stemware "Saga"—Hadelands of Norway (address above). Stemware (background) "Encore"—Libbey Glass, Toledo, Ohio 43693. Painted stemware—Sigma Marketing Systems, 225 Fifth Ave., New York, N.Y. 10010. Silverplate tray—Gorham Co. (address above). Glass vases (background) "Louvois" and "Sully"—Crystal D'Arque by J. G. Durand (address above). China vase "Kutani Bird"—Mikasa, 41 Madison Ave., New York, N.Y. 10010. China in box with orchids "Kutani Bird"—Mikasa (address above). Napkins "Heather"—Fallini & Cohen, Inc. (address above).

STEP BY STEP
INSTALLING A SKYLIGHT
Page 40: Skylight—Skymaster, 413 Virginia Dr., Orlando, Fla. 32803.

LOW-SODIUM SNACKS
Page 72: Bowl "San Surf"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

HE COOKS: CHEESE, GRITS, AND BEAN BAKE
Page 78 Cork trivet—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873. Baking dish—Pyrex, Corning Glass Works, Corning, N.Y. 14830.

FAMILY-STYLE DECORATING: HOW TO STAMP A HOUSE "YOURS"
Page 93: Wall hanging—Marimekko, Inc., 555 Madison Ave., New York, N.Y. 10022.
Pages 94 and 95: Rug—Decor International, 171 Newbury St., Boston, Mass. 02116. Wall hanging—Marimekko (address above).

SCREEN PLAYS
Page 104 (top): Woven wood blinds—Sears, Roebuck and Co., Sears Tower, Chicago, Ill. 60684. Floor lamp—Kayson Lighting Corp., 35-50 57th St., Woodside, N.Y. 11377. (Bottom): Basic screen—Sears (address above). Tape for pattern—Arno Adhesive Tapes, Inc., Michigan City, Ind. 46360.
Page 105: Sofa fabric—Brunschwig & Fils, Inc., 979 Third Ave., New York, N.Y. 10022. Screen "Promenade"—Hickory Furniture Co., P.O. Box 998, 37 9th St. Pl., S.E., Hickory, N.C. 28601. Fabric in screen "Suffolk"—P. Kaufmann Fabrics, 261 Fifth Ave., New York, N.Y. 10016. Coffee table—Selig Manufacturing Co., Inc., 54 Green St., Leominster, Mass. 01453. Cane chairs—Armstrong Cork Co., Lancaster, Pa. 17604. Counter tops—Wilson Art, 600 General Bruce Dr., Temple, Tex. 76501.

STORAGE YOU CAN ADD TO A NO-FRILLS KITCHEN
Page 106: Cabinet hardware—Washington Products Inc., 1147 Oberlin Ave., S.W., Massillon, Ohio 44646. Range, refrigerator, dishwasher—General Electric Co., Appliance Park, Louisville, Ky. 40201. Cane fronts—Armstrong Cork Co., Lancaster, Pa. 17604. Counter tops—Wilson Art, 600 General Bruce Dr., Temple, Tex. 76501.

GREAT HOME-COOKED MEALS IN A HURRY
Page 110 (left): Tile "Terre Grande"—Franciscan, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.
Page 112 (left): Salad bowl—Kosta Boda USA Ltd., 225 5th Ave., New York, N.Y., 10010.
Page 112 (right): Board—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830.
Page 115 (right): Glass bowl—Hammacher Schlemmer, 147 E. 57th St., New York, N.Y. 10022. Sherbet glasses "Arabesque"—Denby, 41 Madison Ave., N.Y., N.Y. 10010.

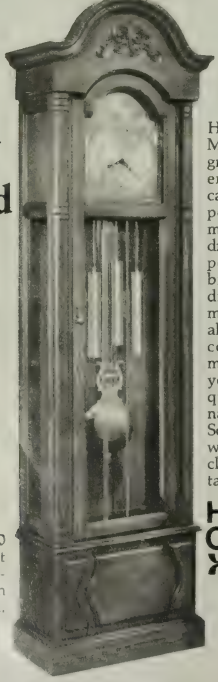
PRIZE TESTED RECIPES
Page 129 (left): Pie plate—Pyrex, Corning Glass Works, Corning, N.Y. 14830. (Right): Salad bowl—The Pilgrim Glass Corp., 225 Fifth Ave., New York, N.Y. 10010.
Page 130 (center left): Serving bowl—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. Small bowls—Pyrex (address above). (Center right): Oval casserole—Copco, Inc., 230 Fifth Ave., New York, N.Y. 10001. Dinner plates—Crate & Barrel (address above). (Right): Aluminum casserole—Finel Waertsilae U.S.A. Inc., 225 Fifth Ave., New York, N.Y. 10010.

EASY OVEN MEAL
Page 136: Baking dish—Anchor Hocking Glass Corp., 5th and Pierce Sts., Lancaster, Ohio 43130.

MICROWAVE COOKING
CACCIATORE IN A HURRY
Page 140: Wine Carafe—Riekes-Crisa Corp., 1818 Leavenworth, Omaha, Neb. 68102.

STEP-BY-STEP COOKING
BOSTON BROWN BREAD
Page 142 (left): Mixing bowl—Pyrex, Corning Glass Works, Corning, N.Y. 14830. (Center right): Dutch oven—Club Aluminum Products Co., Div. of Standard International Corp., 9205 West Detroit Ave., Cleveland, Ohio 44102. Measuring cup—Pyrex, address above.

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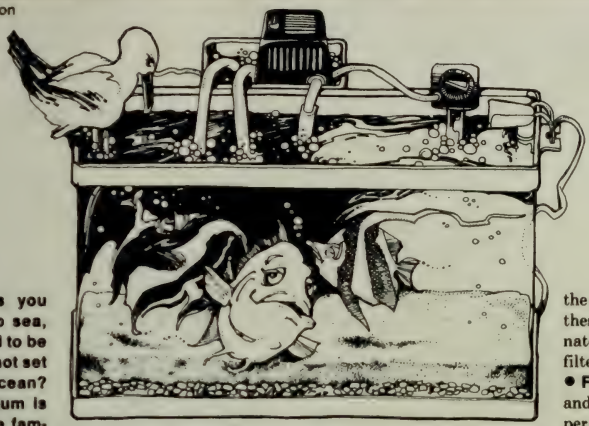
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No doubt about it, a saltwater aquarium calls for a little more time and attention than its freshwater counterpart. And saltwater fish keeping can be a bit messy till you get the hang of it. But don't let the prospect of a little extra time and effort daunt you. If you take just a few precautions, choose hardy fish to start out, and monitor the water regularly, the results will be abundantly worthwhile. A couple of new developments have helped simplify the whole process, too.

Equipment and such

If you're a novice, you'd be wise to shop at stores that specialize in saltwater aquariums and fish (as opposed to freshwater fish shops or discount stores). Saltwater fish stores are likely to have all the gear you'll need and experienced fish keepers to help you get started and to advise you in case of problems or questions later on.

By shopping wisely, you probably can outfit your aquarium, complete with fish, for $125 to $175 (20- to 30-gallon size). Used equipment is often advertised in local newspapers. It can be a good deal, if you clean it thoroughly before setting it up.

You'll want to buy the biggest aquarium you can afford. The bigger the tank, the more fish you can keep. Bigger tanks are somewhat easier to maintain, too, because they're less sensitive to variations in water temperature and chemical problems.

Here's a list of what you'll need:

- **All-glass or acrylic plastic aquarium** (20-gallon minimum) with a glass or plastic tank cover and fluorescent hood light. Acrylic plastic tanks may be more stylish and have fewer seams to spring leaks, but they also scratch more easily. **IMPORTANT:** Any contact with metal quickly pollutes saltwater and can kill your fish.
- Sturdy **aquarium stand**—or a strong shelf or tabletop already in your home will do. Keep in mind aquariums are heavy (a 30-gallon tank weighs around 300 pounds when set up). Make sure your tank is where you want it—out of direct sunlight and drafts and near an electric outlet—before you fill it up.
- **Filter system,** including popular under-gravel varieties that consist of a filter plate, air pump, air line (plastic tubing), and valves that are used in conjunction with a box-type filter that hangs on the back of the tank. New "power" under-gravel filters combine the best features of both of these systems and eliminate the need for a box filter outside the tank.
- **Filtering material** (one and a half to two pounds per gallon of water) for the bottom of the aquarium on top of the under-gravel filter. Crushed limestone, dolomite, onyx, and coral make the best filtering material.
- **Heater** with a built-in thermostat to automatically keep the water temperature constant.
- **Thermometer** to gauge water temperature. A new, inexpensive digital variety consists of a small adhesive strip that sticks right on the side of the aquarium.
- **Hydrometer** to measure specific gravity of the water so the correct salt content can be maintained.
- **Marine salts** to be mixed with tap water. Salts come in premeasured quantities (five-, ten-, and 25-gallon units, etc.).
- **Water conditioning product,** such as Bio-life (ask your aquarium dealer for recommendations).
- **Testing kits** to monitor the water condition inside the tank. Nitrite and pH test kits are adequate for most saltwater aquariums.
- **Miscellaneous:** Large plastic garbage can, small plastic pail, and wood or plastic stir stick (for mixing the marine salts and tap water). Small net for removing uneaten fish food.

Setting up the tank

1. Test the aquarium for leaks. Then wipe the tank dry and place it in its permanent location.

2. Rinse the under-gravel filter and assemble it in the bottom of the tank (per the package instructions).

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Drawing: Gary Kelly, Hellman Design Assoc.



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Saltwater aquarium

3. Rinse the filtering material in tap water till the water runs clear. Then place about a three-inch layer on top of the filter. Keep the layer uniform in depth (water tends to flow through "thin" spots and cut down on the effectiveness of the filter).

4. Set up the outside-the-tank filter (if you're using one).

5. Mix the marine salts and tap water in proportions indicated on the package. Allow the mixture to stand for at least 24 hours or till it turns clear.

6. Empty the saltwater carefully into the aquarium to avoid eroding the filtering material at the bottom of the tank. (Pouring the water into a shallow plastic container or plate placed on top of the filtering material helps to keep the water clear and the bottom surface smooth.) Fill the tank to within two inches of the top.

7. Use the hydrometer to test the water's salt content (1.022 is perfect; 1.021 to 1.023 is acceptable). Gradually add more fresh tap water if the mixture is too salty, taking new readings as you go.

8. Plug in the filter system. The tube leading from an outside-the-tank filter can be extended with a piece of PVC pipe (to cut down on messy splashing and water noise).

9. Attach the heater to the side of the aquarium, and check the water temperature after three or four hours (75 degrees is ideal; 68 to 77 degrees is acceptable).

10. Add the water conditioner to the tank. These artificial conditioners eliminate what used to be long (up to six weeks) waiting periods for nitrifying bacteria to multiply. The bacteria help neutralize certain toxic elements in the waste products of fish. Some aquarium dealers also recommend adding a couple of hardy, inexpensive critters, like a crab and a shrimp, to the tank at the same time. Ask your dealer's advice.

11. Test the water with testing kits. Color-keyed tests help make it easy to determine when your aquarium is ready for fish (usually three to 18 hours after the water conditioner goes in) and to monitor water quality later on.

Picking saltwater pets

As a rule of thumb, limit your aquarium to three inches of fish for each square foot of surface area. That means a tank that's 2½ feet long by one foot wide probably should hold fish that total no more than about eight inches in length. Saltwater fish need plenty of room to exercise.

Ask an aquarium dealer about what fish to choose when you start out. Avoid the temptation to buy the most expensive varieties. Pick colorful and inexpensive, hardy fish —like damsels and gobies. Don't overlook invertebrates; the antics of crabs, urchins, snails, anemones, shrimp, etc., are fun to watch, plus they're hardier and less expensive than most fish. Be sure to tell the aquarium dealer you're a rookie and ask him about which fish get along well together. Some varieties would rather eat each other or pick fights than be roommates.

Choose only healthy fish, of course. Pass up discolored fish and those with damaged scales or fins.

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continued

Saltwater aquarium

Float it in the top of your aquarium for about 15 minutes. Then open the bag and add some water from your tank. Turn down the top of the bag to make a "cuff" or lay the top over the side of the tank. After another 15 minutes or so, tip the fish out into the aquarium. But don't add more than a couple of new fish per week to start out. Otherwise, you risk upsetting the chemical balance.

Overfeeding is one big cause of aquarium failure. It's best to feed small quantities of dry food or frozen brine shrimp a couple of times a day. But ask your aquarium dealer about the specific eating habits of every fish or animal you buy. Your fish should finish a meal in about five minutes. After that, remove all the uneaten scraps (invertebrates will help clean up the leftovers). Also ask the aquarium dealer about a vitamin supplement and trace element replacements to add to your tank every month or so. But beware of packaged "cure-alls." They can do more harm than good.

Day-to-day maintenance

After your aquarium has stabilized, maintenance should be fairly simple and routine.

- Check the water temperature daily.
- Check the nitrite level and salt content once a week.
- Siphon out about one-fourth of the water in your tank every month and replace it with fresh saltwater. (Be sure to check the saltiness of the new mixture before adding it to the tank.) Add fresh tap water in between times, as water evaporates from the tank. (There's usually no need to add more marine salts then, however, since salt doesn't evaporate.) These partial water changes are crucial to ensuring good water quality in your tank.
- Change or clean filter material in an outside-the-tank filter box weekly. If you add an inch of dolomite in the bottom of the filter box, it will seldom need cleaning.
- Remove algae from the sides of the tank with a fine sponge. Algae growth is a good sign that your aquarium is functioning right. ■

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MORE SCREEN PLAY

Whatever your taste in home furnishings, you can find a decorative screen to suit your style. Here are four examples to supplement our color section.



This snappy screen suits a casual, contemporary setting. Removable canvas panels, available in many colors, hang on a sturdy metal frame. *By Gold Medal.*



Photographs: Harry Hartman

Here's a handsome reproduction of a Victorian classic. The three-paneled screen measures 48x78 inches. *From the Royal Charter Collection by Ethan Allen.*



This carved teak screen strikes a distinctive Oriental mood. The four panels of the six-foot-tall screen are carved on both sides. *By Thomasville.*



Create a corner-size tropical garden with lush green plants and an exotic bamboo screen like this one. *From Batea Trading Corp., 225 Fifth Ave., N.Y., N.Y. 10010.* ■

U.S. GOVERNMENT REPORT: CARLTON LOWEST.

Carlton claim confirmed.

Many cigarettes are using national advertising to identify themselves as "low tar." Consumers, however, should find out just how low these brands are—or aren't. Based on U.S. Government Report:

14 Carltons, Box or Menthol, have less tar than one Vantage.

11 Carltons, Box or Menthol, have less tar than one Merit.

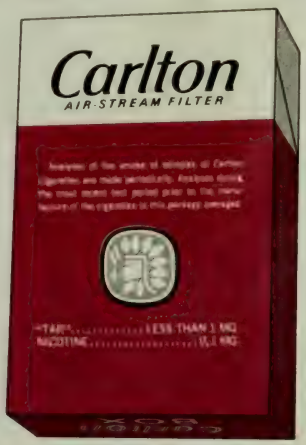
11 Carltons, Box or Menthol, have less tar than one Kent Golden Lights.

6 Carltons, Box or Menthol, have less tar than one True.

The tar and nicotine content per cigarette of selected brands was:

		tar mg.	nicotine mg.
Vantage		11	0.8
Merit		8	0.6
Kent Golden Lights		8	0.7
True		5	0.4
Carlton Soft Pack		1	0.1
Carlton Menthol	less than	1	0.1
Carlton Box	less than	0.5	0.05

This same report confirms of all brands, Carlton Box to be lowest with less than 0.5 mg. tar and 0.05 mg. nicotine.



LOWEST... Less than 1 mg. "tar," 0.1 mg. nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report May '78.

Gaviscon. When those take-out tacos bite back at 1:00 a.m.



They looked too good to pass up.

And now it looks like they're going to keep you up with acid indigestion. Oh, that fiery heartburn.

Unless, of course, you take Gaviscon antacid.

Gaviscon is specially formulated to stop painful heartburn—even the kind that hits you at night.

Its unique formula goes to work fast. And keeps on working so you can get to sleep.

And because temptation can pop up faster than a new taco stand, Gaviscon, taken as directed, is safe whenever heartburn strikes.

So try Gaviscon. Get the fast, lasting relief that lets you take heartburn lying down.



It works lying down.

Read and follow label directions.

HEALTH UPDATE

Look, Ma! Fewer cavities

Fluoride mouth rinses can give your children added protection from cavities even if your family lives in an area with fluoridated water and brushes regularly with fluoride toothpaste. The rinses are of even greater value for more than half the U.S. population who live in an area with unfluoridated water.

Fluoride promotes remineralization or healing of early cavities, reduces the amount of plaque that forms on the tooth surface, and inhibits destructive bacteria. The rinses reach the back teeth and areas between teeth that brushing might miss.

A rinse containing one-half-percent fluoride—Colgate Fluorigard—is the first such product available for home use on a nonprescription basis. Fluorigard is designed to be used once daily—preferably at bedtime—primarily by children aged six to 12. A fluoride rinse may also help persons over 12 who are susceptible to cavities at the gum line.

Your dentist or pediatrician also can prescribe fluoride mouth rinses, as well as fluoride tablets or drops for home use, typically on a daily or weekly schedule.

Increasing numbers of school systems are conducting *supervised* mouth rinse programs that use fluoride solutions stronger than those used at home.

The National Institute of Dental Research reports tooth decay was cut by about 35 percent in 70,000 children who, once a week for one minute, used a fluoride mouthwash.

The in-school programs are popular in many communities because the cost of supplies is less than $1 per child per year, the class time required is only five minutes per week, and the program can easily be supervised by teachers or volunteers.

For more information on starting a fluoride program in your school or preschool, contact your state or local health department or write: National Caries Program, National Institute of Dental Research, Westwood Building, 5333 Westbard Avenue, Bethesda, Maryland 20014.

Breast milk best for babies

Because human milk is nutritionally superior to manufactured formulas and especially to cow's milk, the American Academy of Pediatrics believes every newborn infant should have breast milk unless the child or its mother has a physical condition that makes breast-feeding impossible.

The pediatricians say breast milk provides newborn infants with essential proteins and iron, and with immunologic protection that cannot be matched by formula feeding. Also, use of breast milk is believed to help prevent obesity later in the child's life.

The Academy members have urged hospitals to encourage and permit mothers to breast-feed their new infants "on

continued

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continued

Health update

demand" rather than on a rigid three- to four-hour schedule. Further, the Academy suggests that school sex-education and nutrition courses include information about the benefits of breast-feeding.

In a separate report the American Dental Association (ADA) recommends that breast-feeding be replaced by drinking from a cup as infants approach their first birthday. Breast milk contains natural sugars, and prolonged breast-feeding can cause dental cavities. The ADA also urges parents not to put their babies to bed with a bottle of milk, juice, or formula because the practice is recognized as a leading cause of severe tooth decay in many young children.

Joggers need ID's

- A jogger collapsed on a back road. At a hospital emergency ward, a blood clot was found in his brain.
- A bicyclist was struck by a car and killed on a darkened street.

Neither had any identification. The assistance of media and police was required to find out who the nameless victims were.

The moral of the tale: A jogger, cyclist, hiker, or anyone who "travels light" should always carry some form of identification that lists his or her name, age, address, telephone number, known medical conditions and allergies, and next of kin.

Getting the lead out

Are you restoring an old house? The lead content of paint found in many old homes can jeopardize both workers removing the old paint and the occupants of the house. To minimize exposure to lead dust or fumes, keep these safety tips in mind:

- Limit sanding, sandblasting, and wire brushing to exterior locations.
- Don't burn off paint with an open flame.
- Use respirators and plenty of exhaust ventilation.
- Wash your hands and work clothing frequently.
- Seek medical attention for dizziness, headache, gastrointestinal complaints, weakness of extremities, or numbness and tingling, all symptoms of lead poisoning.

Caution: Houseplants may be hazardous to your health

In one recent six-month period, 3,500 children aged five or younger (half were under age one) suffered vomiting, stomach cramps, and burning sensations in the mouth after eating the leaves of common houseplants such as caladium, philodendron, and dieffenbachia.

Fortunately, none of the reported poisonings was fatal.

To prevent such an emergency from occurring in your home, the National Poison Center Network suggests these precautions:

- Keep indoor plants out of a toddler's reach.
- Write the botanical and common names of the plants right on the containers for accurate identification.
- Call your nearest poison center if you suspect that a child in the family has eaten part of a poisonous plant.

To receive a special bulletin on 50

continued



Is the ugliest thing in your garden your hands? Here's help.



While you're creating beauty, your hands are going to pot. Rough, red, chapped hands like these can make you want to give up gardening.

You should know about Neutrogena® Hand Cream. This heavy-duty cream was originally developed in Norway to help the hands of Arctic fishermen. It puts a barrier between damaged hands and the things that have hurt them, gives raw, cracked skin time to heal. Often recommended by doctors, Neutrogena Hand Cream is so concentrated, just a dab is all that hurting hands need.

Keep it handy when you garden, and when you don't. $3, but worth it; satisfaction guaranteed or your money back from Neutrogena.

Available at selected nurseries and all better drugstores.

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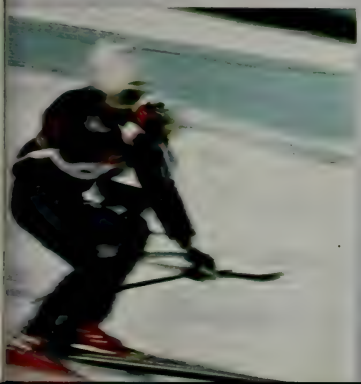
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Health update

harmful indoor and outdoor plants, write The National Poison Center Network, Children's Hospital of Pittsburgh, 125 DeSoto St., Pittsburgh, Pennsylvania 15213 and enclose 50 cents for postage and handling.

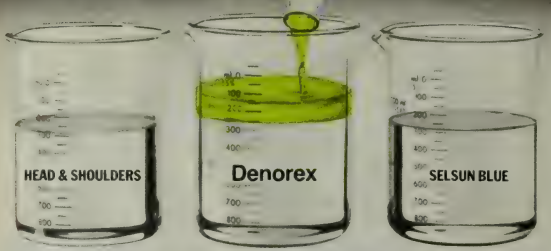
New light on blindness

Starting in May, approximately 3,000 persons with diabetes will be sought for a nationwide study of early treatment for the eye disorder known as *diabetic retinopathy*. For an estimated 300,000 of the ten million diabetics in this country, the risk of developing blindness because of the condition is high; an additional 138,000 already suffer impaired vision, including blindness, because of retinopathy. Selected patients will be enrolled in the research program for at least five years.

The study, sponsored by the National Eye Institute and under way at 22 research centers across the country, is designed to determine when and how laser and drug treatments might be used to reduce the risk of blindness. Laser treatment has previously been shown to be effective in sealing some vision-obscuring leaks in blood vessels on the retina.

Diabetics interested in participating in the study should contact their own physician first. Patients and doctors can obtain a list of the research centers from the National Eye Institute, Building 31, Room 6A25, Bethesda, Maryland 20014.

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30¢ Save 30¢ on Denorex 30¢

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Coupon expires June 30, 1980.

30¢ STORE COUPON BH



Toll-free hot lines

If you want a fast answer to a health question, use your phone.

Many government agencies and other organizations offer hot lines that provide free and confidential information and referral services to callers, even if they are anonymous. Your library's reference section may know of several hot lines.

Here are five for starters:

Operation Venus (funded by the Department of Health, Education and Welfare) provides an information *and* referral service about sexually transmitted diseases. Call 800/523-1885. In Philadelphia only, 567-6969; in the rest of Pennsylvania, 800/462-4966. Open daily 9 a.m.-10 p.m., EST.

Cancer Information Service, funded by the National Cancer Institute. Call 800/638-6694 (in Maryland only, 800/492-6600) for the number of the CIS nearest you (24-hour service).

Infant Nutrition, the Beech-Nut Foods Corporation, 800/523-6633 (in Pennsylvania only, 800/492-2384). Monday-Friday, 9 a.m.-4 p.m., EST.

Second opinion on surgery (funded by HEW) provides help in locating a specialist near you for non-emergency advice. 800/325-6400. (24-hour service).

The Consumer Product Safety Commission has a 24-hour toll-free hot line you can use to get information or to report possible defects or accidents associated with toys, appliances, furniture, and other consumer items. In the continental U.S., call 800/638-8326. In Maryland only, 800/492-8363. From Hawaii, Alaska, Puerto Rico, and the Virgin Islands, 800/638-8333.

If you forget the hot line number, you can get toll-free directory assistance by dialing 800/555-1212. ■

—Lynne Lamberg

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a. All cabinets have self-closing hinges.
b. All drawers are made of hardwood.

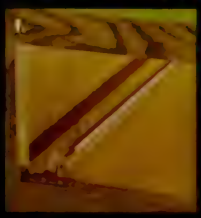




c. Can goods storage unit has swing-out shelves.
d. Lazy susan cabinet.
e. Standard adjustable shelves.
f. Standard twin-track drawer suspension.







g. Pantry unit with slide-out breadboard, metal bread box and cutlery divider.







h. Slide-out shelf cabinet.
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Family Canoe Trips

By Neil Kuehnl

Canoeing has come into its own as a family sport, and it's not hard to understand why. The costs are reasonable, the skills easy to acquire, and the entire family can participate.

Canoe rentals are now widely available at $6 to $12 a day. You can buy a canoe for $200 to $600 for most models. And you can take your canoe just about anywhere there's enough water to float it. Those big, sprawling lakes—the ones so crowded with sailboats, power boats, and water-skiers—hold little attraction for paddlers. Instead, canoeists seek out the little-used lakes, and the most scenic rivers and streams.

It's true that canoes are tippy. If you step into a canoe carelessly, without regard for its center of gravity, you and it will go over in a flash. But bicycles are tippy, too, and even a young child can be taught to ride a bike. Similarly, with a few hours of not-very-taxing instructions, almost any youngster or adult can learn to handle a canoe. You could get that instruction during the spring and summer at many YMCAs and local parks departments. Children can learn at summer camp, too.

A child should know how to swim before embarking in a canoe. And adults and youngsters alike should make a practice of wearing a life jacket. In fast water or far from shore, a life jacket is a necessity regardless of how well you think you can swim.

This article is divided into three parts. First, we discuss calm-water river canoeing and canoe camping. For most families, these are the most readily available forms of the sport.

Then, we review the special requirements of lake canoeing—particularly in the well-known Boundary Waters Canoe Area of northern Minnesota. Here, you get away from machines, pollution, and appointments for days or even weeks.

Finally, we take a look at white water (rapids-shooting) canoeing, which calls for extra training and equipment. This represents a "graduate school" level of achievement.

continued



Wind can affect a canoe considerably, for better or worse. These Missouri River canoeists get extra mileage from makeshift sails on a rare day when the wind is brisk from behind.

River Canoeing

Most of us live within reasonable distance of a stream that's navigable by canoe. In the West, the American, Russian, Klamath, Rogue, and Gold rivers come to mind. In the Midwest, the St. Croix, Buffalo, Niobrara, and Au-Sable are just a few of many rivers that are popular with canoeists. Easterners enjoy the Housatonic, Delaware, Brandywine—even the Upper Hudson and Potomac rivers. Southerners canoe the Shenandoah, Suwanee, and Ogeechee rivers among many others.

If you have such a "liquid asset" nearby, size it up for a one-day outing as a trial run. Start by obtaining a large-scale map of your river and its adjacent roadways. Many states issue such maps through their departments of conservation or natural resources; often the maps are prepared especially for canoeists.

There's some strategy involved in deciding upon your put-in and take-out points. Both of them should be accessible by road, of course. Likely spots include riverside parks and bridges that cross the stream. With diligent paddling, you can travel 20 miles downstream in a day; however, ten miles is a more leisurely and relaxing recreational distance to aim for.

The chief problem on a downriver canoe trip is to have wheels waiting for you at the take-out point. The easiest solution is to go canoeing with a group traveling in at least two cars. One vehicle should be left at the downstream end of your journey before everyone launches from the upstream spot.

Alternatively, a local canoe outfitter may offer prearranged pickups. It may surprise you to learn that more than 150 American rivers are now being served by outfitters. Many outfitters are listed under a "Canoes" or "Boats" heading in the telephone Yellow Pages.

A day trip by canoe is not much more complicated to provision than a picnic in the park. Just pack virtually all your food in a well-iced cooler, and include plenty of liquids. You're wise to lash heavy items to the thwarts (crossbars) in case of a spill. And stow personal items in a jacket you can tie to the seat whenever you're not wearing the jacket.

Protect cameras and binoculars in sturdy plastic bags when not in use; quick-opening waterproof containers are available in many camping/outfitting stores. Be sure to take plenty of insect repellent, sunburn lotion, sunglasses, and spare headgear. There's a very useful type of terry cloth hat that can be dipped into the river, then wrung out for extra cooling power on hot days. Some paddlers like to wear a pair of work gloves to guard against blisters.

Once you're confident of your canoe skills, you'll be ready for a more ambitious river expedition. Then you'll leave the city far behind and seek out a stream flowing through scenic backcountry. It's not very hard to find one.

Take, for example, a river that meanders around a multitude of villages and farms. On a map, it looks quite civilized. But from a canoe, you may be able to see only occasional signs of humankind. Often, the birds and other wildlife have this water-level world all to themselves.

If you'll be canoeing several days or more, choosing what to pack becomes quite important. A canoe can carry a heavy load but soon runs out of space for bulky items. Tents and other camping gear should be as compact as possible. Thoroughly plan every meal—and take foods that pack and keep well, such as pastas, canned chili, dried fruits, sandwich makings (buy solid, squash-resistant bread), and cookies and candy. Stuff things into heavy-weight plastic garbage sacks and then into duffel bags for extra protection against wetting.

Even if you plan to make campfires along the way, it's a good idea to do your cooking on a small gasoline stove. And take enough water in five-gallon plastic containers to last you for drinking and cooking until you reach a known replenishment supply downriver.

continued

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.

River Canoeing

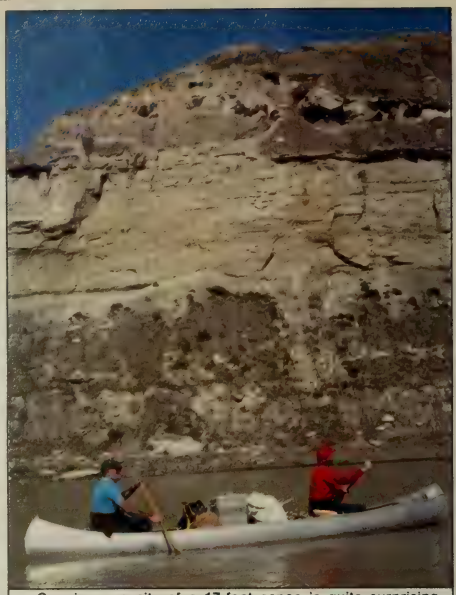
One excellent canoeing experience for a family spans about a week of time and over 100 miles of easy paddling with no white water. It's the Upper Missouri River in central Montana, and it makes a good case study for similar trips elsewhere in this country.

Now designated a Wild and Scenic River by the federal government, this stretch of the Missouri flows through country that's huge, desolate, and magnificent—just as it was in 1804 when Lewis and Clark first explored it for President Jefferson. Today it offers the kind of vacation experience that puts you in touch with nature . . . and blessedly out of touch with the workaday world at home.

You put in a few miles downstream from Fort Benton, at either Loma or Virgelle, and take out at the US-191 bridge by the James Kipp state recreation area. Prepare yourself for only primitive campsites, no store, and just one drinking water source (Judith Landing) along the way.

You're wise to use a local outfitter who provides canoes, gear, and pickup services at the end of the trip. One particularly good outfitter is Bob Singer, Missouri River Outfitters, Box 1212, Fort Benton, Montana 58442. Charges range from $8 a day for canoe rental up to $30 a day per person for guided trips that include virtually everything you need. Other guided expeditions on this stretch of the Missouri cost about $340 for one week; for details write to the University of the Wilderness, Box 1687, Evergreen, Colorado 80439.

Several rapids are marked on old Missouri River maps, but they've calmed down since the riverboat days when captains often ran aground with their clumsy craft. Since the current still averages a healthy 3½ miles an hour, you can paddle half-days and hike or relax the other half. The Missouri's nickname, "Big Muddy," fits even this far upstream. Sometimes the River resembles melted chocolate. But the rugged white cliffs along the first half of the journey and the bizarre eroded badlands in the second section are so eye-popping, you won't spend much time gazing into the water.



Carrying capacity of a 17-foot canoe is quite surprising. Camping equipment for a week fits into waterproof duffel bags. Plastic canisters carry food; plastic jugs hold water.

The river map supplied by the outfitter identifies locations of the original Lewis and Clark camps, as well as several abandoned miners' cabins and sodbusters' huts. But what finally gets under your skin on such a western river trip is the combination of vastness and quiet. With no motors growling, you and your partner can pause in your paddling and be suspended in a great bowl of sky. You keep moving in the current, but otherwise time seems to stop. And if a duck or Canada goose swoops past and honks, it's as if the great bowl had suddenly shattered.

The Upper Missouri provides only one of many uncrowded, non-dangerous river canoe trips across this country. For more information and ideas, write to the conservation department of the state in which you want to canoe. Or in the West, write the American River Touring Association, 1307 Harrison Street, Oakland, California 94612. In the Midwest, try the American River Touring Association, 5375 Eureka Road, Excelsior, Minnesota 55331. And in the East, write the Appalachian Mountain Club, 5 Joy Street, Boston, Massachusetts 02108.

There's an excellent canoe-trip section in an outing guidebook called *Adventure Travel;* to get a copy, send $6.95 to Adventure Guides, 36 East 57th Street, New York, New York 10022. *Canoe,* the official magazine of the American Canoeing Association, is available on larger newsstands or from the publisher, Voyager Publications, 131 East Murray Street, Fort Wayne, Indiana 46803.

No matter how uneventful you expect your family canoe experience to be, a few notes of caution are called for. Most important is to know your river. Dams are your biggest hazard on most developed rivers. It's astonishing how many dams are not marked by warning signs—and when you approach one from the upstream side, all you may be able to see of it is the straight horizon line where the water is smoothly going over the edge. (Even the sound may be muffled.)

Any rapids should be shown on your map. However, even if you come upon unexpected rapids, they do give you more warning visually and audibly than is the case with dams. When you see a rapid ahead, *stop* at a safe distance and make sure it's runnable within your skills. If in doubt, go ashore and walk alongside its full course to locate the best way through. And always portage the toughies, to avoid soaking either yourself or your gear.

An often overlooked river hazard is low water temperature. Especially in spring, when days are warm but the river is still cold, you need to dress for the possibility of a ducking. Wear wool (which warms you even when wet), and take matches in a waterproof container so you can build a fire if necessary.

continued



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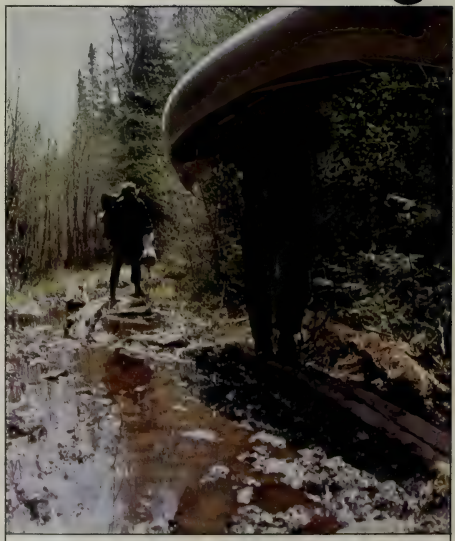
The Boundary Waters Canoe Area of northern Minnesota draws paddlers from all over America. Hundreds of lakes are interconnected, so you need never retrace your route.

Lake Canoeing

Urban lakes present little challenge to canoeists because the exploring possibilities are minimal. In addition, the open stretches of water must be regarded warily; you never want to be caught far from shore in a sudden windstorm.

But wilderness lakes are something else again. Wilderness canoeing compares to day-trip canoeing as serious backpacking compares to a Sunday afternoon hike. The big difference: your total self-sufficiency over a period of days or weeks.

There's one other important difference. Canoeists have less wilderness to choose from. Those who want to paddle through an American region largely untouched by civilization can count the options on their two hands. There are the Everglades in Florida; Okefenokee Swamp in Georgia; the Adirondack Fulton Chain of Lakes and the Saranacs in New York; the Allagash in Maine; and segments of a few widely scattered rivers in the Appalachians, the South, and the West.



Sometimes you have to portage around rapids or between lakes lacking a water passage. You soon learn to tote the canoe as well as special large packs designed for easy carrying.

But the biggest of them all, of course, is the Midwest's Boundary Waters Canoe Area (BWCA), where wilderness canoeing has become almost a religious rite.

The 1,400 square miles comprising our Minnesota/Ontario Boundary Waters are a canoeist's dream. When you hold in your hand one of the weatherproof BWCA maps, you can hardly believe the profusion of blue on both sides of the international border. Long lakes, round lakes, crooked lakes, ragged lakes. Lakes named for animals and birds, lakes named for Indians and white explorers, lakes with funny names like Pooh Bah Lake. And lots of lakes with no names at all.

It's quite a place to get lost in. Or rather, a place to lose yourself spiritually while keeping careful track of your physical whereabouts.

You'll probably head first to Ely, Minnesota, the

continued

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jumping-off point for most BWCA trips. Canoes are everywhere in evidence—on cartops, in trailers, and inside the many wilderness outfitting stores lining the main street. It's a good idea to let an outfitter arrange for canoes and virtually all camping gear and supplies. Then, all you have to do is sort out everything the night before departure, and launch at a base camp near Ely the next morning.

Most BWCA trips are planned to average about ten canoe miles a day, plus a couple of portages of perhaps a quarter mile each. Usually a portage connects two lakes; occasionally it skirts a falls or dangerous rapids in a river. But don't let the portages get you down. They often turn out to be welcome breaks—especially on paddling days bedeviled by brisk headwinds.

There's magic in this canoe country that soon reveals itself to adults and youngsters alike. Sounds: the waves slap-slapping your canoe . . . pebbles grinding themselves smooth on a windward shore . . . pine boughs rustling above your tent . . . the haunting cry of a loon after dark. Sights: the mist heavy on the water at dawn . . . a welcome glint of blue at the end of a weary portage . . . brilliant shafts of sunlight breaking through an afternoon shower . . . northern lights splashed recklessly across a midnight sky. Smells: those fragrant pine needles heaped under your parka as a pillow . . . wet wool drying before an evening campfire . . . coffee aroma that rolls you out of your sleeping bag on a chilly morning.

After you paddle a day or more into the BWCA, you rarely spot another canoe party. Even so, it's hard to get lost. Guides are seldom used nowadays, because maps are quite reliable and most campsites and portages are well marked. In that sense the canoe country is no longer a true wilderness, but the evidences of man's presence are few.

Still, enough canoeists visit the BWCA each summer so the U.S. Forest Service has established some strict rules. You need an entry permit for the exact day and point you expect to start canoeing. In the busy summer season (this year from May 10 to September 3), the most popular entry points "close out" early. But since there are 70 of them altogether, the more remote entry points are available nearly anytime.

Reservations by mail must be made at least 14 days in advance; on-the-spot permits are sometimes given out at five ranger stations. Busiest days for entry are holidays, Saturdays, Sundays, and Mondays; the other days offer you a better chance of getting your first choice. For more information, write: U.S. Forest Service Supervisor, Box 338, Duluth, Minnesota 55801.

An outfitter's services are certainly worth considering in the BWCA. (The outfitter can even arrange to get your permit for you.) Aluminum canoes rent for $6 to $9 a day in Ely. Complete outfitting—which includes your canoe, all camping gear, and food—is available at $18 to $30 a day per person, depending upon how much luxury you prefer. Many of the meals are based on dehydrated food; entrées, especially, have improved a great deal in flavor during the past few years. For the first few days, you'll carry fresh meat and vegetables, but these run out faster than you'd expect! No disposable food or beverage containers (bottles or cans in particular) are allowed in the BWCA, so the outfitter provides everything in returnable plastic or burnable paper containers.

For outfitting details, write to any of these reliable firms: Canadian Waters, 111 E. Sheridan; Canoe Country Outfitters, 629 E. Sheridan; Outdoor Adventures, Box 576—all in Ely, Minnesota 55731.

To prepare yourself for BWCA canoeing in general and for 31 specific canoe itineraries—ranging from two to 18 days—you may want to order *A Paddler's Guide to the BWCA*. Send $5.45 to W. A. Fisher Co., Box 1107, Virginia, Minnesota 55792.

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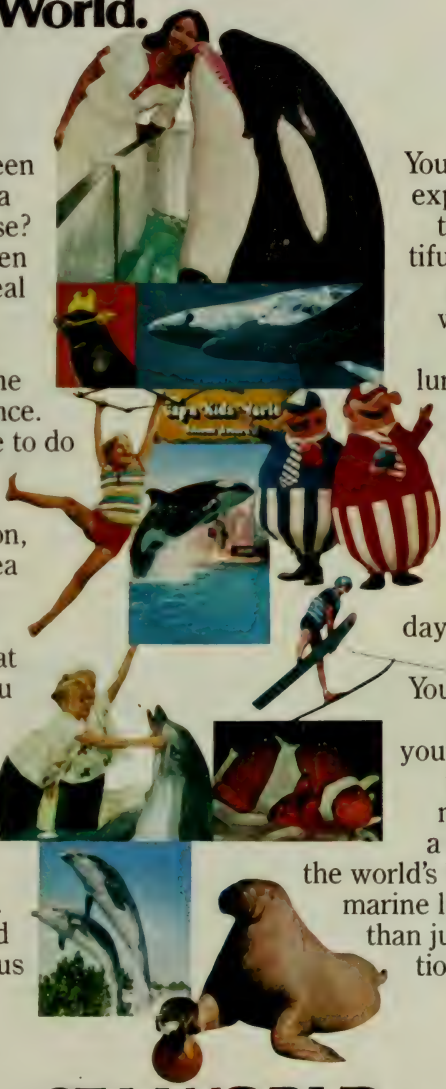
Navigating in the Boundary Waters Canoe Area should never be left to chance. Excellent maps are available from outfitters; smart paddlers keep a daily log of where they are.

Lake Canoeing



Launching a day trip in southern Ohio demands far less in the way of preparation. Even so, these canoeists planned their route and discussed emergency procedures before putting in.

If you're traveling in California, Ohio or Florida, plan a day at Sea World.



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Shooting rapids requires both good technique and good judgment. These paddlers have "read" the white water just right and are following the fastest, least turbulent channel.

White Water Canoeing

In white water canoeing you'll discover the same marvelous exhilaration as in downhill skiing. Both sports get you moving very fast through an obstacle course where precision, timing, and balance are supremely important. However, both sports also demand a sound beginners' instructional program if you intend to survive in one piece.

For white water work, adults should be in reasonably good physical condition. Children age 12 or over are accepted by most white water schools; no matter what your age, you'll be asked to sign a waiver of responsibility before the course begins.

It may surprise you that some of the finest white water schools are found in the eastern United States. The Appalachian Mountains, particularly, are blessed with abundant rainfall and lots of rocky gorges. Combine the two and you get some wild, wild rivers—perfect for use in white water canoe instruction.



Good judgment sometimes means saying no to rapids, especially if the consequences of a spill might be disastrous. Here in the BWCA wilderness you can't afford a wreck.

One of the best such schools is the Nantahala Outdoor Center (NOC), located about a two-hour drive west from Asheville, North Carolina on US-19. (Mailing address: Star Route, Box 68, Bryson City, North Carolina 28713.) Here, the Nantahala River comes churning out of a scenic but tortuous channel; it's ideal either for recreation or white water lessons. Other challenging rivers in the area may be reached via short drives in just about any direction.

NOC matches its abundance of rivers with a variety of white water programs. Depending on how much time and money you want to invest, you can choose a canoeing weekend or a full week's instruction.

Weekend clinics. A $100 fee pays for all lessons, equipment, and meals from Friday night through Sunday night. (Lodging is extra.) Following the Friday dinner, there are lectures, movies, and discussions of

continued

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And in interviews conducted among current MERIT smokers:

Confirmed: 85% of MERIT smokers say it was an "easy switch" from high tar brands.

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Kings: 8 mg "tar," 0.6 mg nicotine—
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Then on Saturday a group of about ten students and two instructors head for one of the milder rivers such as the Little Tennessee, where the current is moderate and it's even possible to stand and right your canoe in mid-river after most capsizes. (Yes, there *are* capsizes; your instructors keep you working at the limits of your abilities.) The canoes carry extra foam flotation and you wear extra-buoyant life jackets, so you soon loosen up and enjoy even the spills.

You learn the basic *eddy turn*, which gets you out of trouble in the rapids and into calmer water. Then comes the *peel out*—the reverse of an eddy turn—to shoot you back into fast current. You also learn to lean downstream in most broadside canoe situations—which is contrary to your instincts, just as leaning downhill is in skiing.

You take turns in bow and stern positions, paddling both the left and right sides. You practice drawstrokes, pry strokes, cross-bow strokes, and sweep turns. By the end of Saturday, you begin to feel at home in a rapidly moving canoe.

That euphoria vanishes quickly on Sunday when you tackle the Nantahala. It's a much faster as well as colder river—its water is released from the base of a TVA dam—and is far less "forgiving" than yesterday's stream. Turns you could manage before suddenly won't work . . . so the instructors make you practice them again and again until they *do* work. You also learn how to recover from spills in deep, turbulent water.

Your "final exam" late Sunday afternoon is a shoot of Nantahala Falls (actually it's just a vigorous rapid). Whether you come through that test upright or not, you'll be amazed at how far your canoeing skills have improved in just 48 hours.



Students on the Nantahala River in North Carolina take their "final exam" under carefully controlled conditions. A shore-based team stands ready to toss a rope or launch a rescue.

White Water Canoeing

Three- and five-day clinics. A fee of $150 (3-day) or $250 (5-day) includes all instruction, gear, meals, and lodging. There is some overnight camping in the five-day clinic; tents are furnished.

White water sampler. Like the five-day clinic, this $250 package runs from Sunday evening through Friday afternoon. However, you spend two days canoeing, two days kayaking, and one day in a rubber raft experiencing even more spectacular rapids than you could handle in a canoe.

French Broad River canoe camping. This five-day trip ($250) combines instruction and a fine outing on just one river—which flows gently at first, but gradually becomes more turbulent and difficult as the week progresses.

Except for the first night, you camp in wooded, primitive sites along the French Broad River. So you won't have to run rapids in a duffel-laden canoe, your camping gear is transported by van to the chosen campsite of the evening.

For more information, write the Nantahala Outdoor Center. Similar programs are offered by:

Wolf River Lodge, White Lake, Wisconsin 54491.

Transmontane Outfitters, Box 325, Davis, West Virginia 26260.

Saco Bound/Northern Waters, Fryeburg, Maine 04037.

White Water Sports, 6820 Roosevelt Way, Seattle, Washington 98115.

What Kind Of Canoeing Gear?

Aluminum is the old reliable canoe material; it's strong but noisy and subject to occasional denting. Fiber glass is quiet but can be punctured by rocks; it's relatively simple to patch, however. Newest canoe material is ABS plastic, which is expensive but favored for use in rapids because it bounces off boulders with ease.

For most paddling, get a 15- to 17-foot canoe. The 15-footer is best for day trips on shallow rivers; the 17-footer packs more gear on longer voyages. If you'll be portaging much, check into special lightweight models that save you about 15 pounds.

A child or non-paddling adult can be carried in the center section of a 17-foot or longer canoe. Or if your child is about age ten or older, he or she can handle the bow position in a 15-foot canoe.

Choose a paddle that reaches your chin when the blade is on the ground—perhaps a bit shorter for use in the bow position. A PFD (Personal Flotation Device) is also required by law for each person in a canoe; try on several to be sure you have a good fit.

Three excellent free booklets will answer more of your questions. They are: *Learn-to-Canoe Directory, Rent-a-Canoe Directory,* and *The Book Rack for Canoeists* (a guide to canoe books). Write to Grumman Boats, Dept. 479, Marathon, New York 13803. ■

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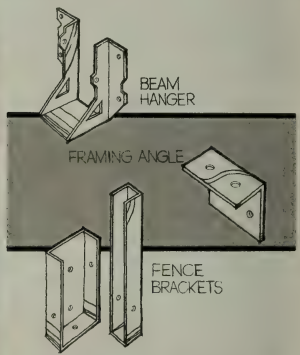
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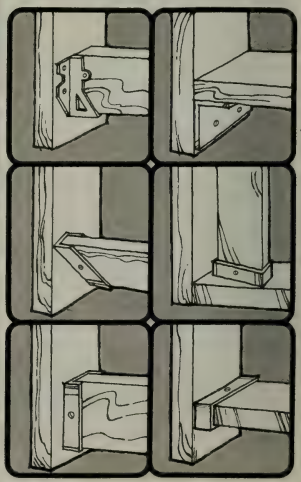
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Probably the most useful devices are fence brackets, beam hangers, and framing angles.



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Though seven elegant resort hotels are scattered along miles of deserted,



Sea views from hotels at Cabo San Lucas.

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surf-washed beach and perched atop precipitous headlands, large-scale development hasn't made its mark on Cabo San Lucas yet. No two hotels are within sight or sound of each other. You get the feeling of being on a quiet island all your own. In between hotels, bone-dry desert meets the sea. The rocky promontories are more reminiscent of the Mediterranean coast than of Mexico's more tropical shores. There's no TV, radio, or newspaper, and only an occasional automobile passes on the paved road that joins the cape's two sleepy towns—Cabo San Lucas and San Jose del Cabo.

Why Cabo San Lucas?

Lazing in the sunshine probably heads the list of popular pastimes. All the resort hotels are on or within an easy walk of almost unlimited stretches of superb sand. Each hotel has at least one swimming pool; some have as many as three.

If you prefer activity, several hotels offer tennis courts. They also rent bikes for touring country roads ($2 an hour), horses for galloping on the beach ($4 an hour), and sailboats ($8 an hour) and scuba diving equipment ($20 an hour) for exploring the sea.

Deep-sea fishing remains a prime attraction, too. Sailfish (May through November) and black marlin (October and November) are the leading trophy fish; dolphin, wahoo, rooster, grouper, and red snapper are also popular catches. You can charter a 28-foot craft (with room enough for four), complete with crew, for about $115 a day. Tackle and bait cost about $10 to $15 per person more.

For vacationers who prefer a tamer marine experience, glass-bottomed boats make regular excursions to offshore sea lion colonies and bring you almost within touching distance of the big marine mammals. If the sea lions are in a playful mood, they'll cavort around your boat barking friendly greetings. Cormorants and brown pelicans (nearly extinct in California) roost on the offshore rocks. The boats also give close-up views of massive wave-carved arches that form the tip of the peninsula. During winter months, you often can spot migrating gray whales. Cost for about an hour's ride is $1.25 per person; the boats leave from the Cabo San Lucas beach.

Regular car/passenger ferries also run from Cabo San Lucas and La Paz to Puerto Vallarta and Mazatlan on Mexico's Pacific coast. Fares for the overnight trip start at about $12; double that price for a cabin with bath (cars cost about $40 extra).

Desert aficionados can rent rugged little jeep-like vehicles (about $25 a day) to roam the area's cactus-studded backcountry. For a few weeks in September and in early October, Baja's short rainy season transforms these somewhat sere landscapes into splendid wildflower displays.

What's doing in town?

Though most activity centers on the hotels, the area's two small towns are worth exploring. Several little shops in Cabo San Lucas in particular feature native arts and crafts from other Mexican states; black coral jewelry also is manufactured and for sale at several locations. For a refreshing lunch, order a plateful of delicious chilled *guacamole*, accompanied by a bottle of tart

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BH 1

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BHG 49

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*Weight loss varies from 6 to over 100 pounds depending on overweight and program length.

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Make reservations for [illegible] ...*Weight loss varies from 6 to over 100 pounds depending on overweight and program length.

Write Dr. Sorenson, National Institute of Fitness
955 North 250 East, Suite B-2
Orem, Utah 84057 or phone 801-225-6888

continued

Travel West

Mexican beer, at the Balandra Restaurant in Cabo San Lucas.

Which resort?

Each of the Cabo San Lucas hotels is a self-contained resort, including cocktail lounges and dining facilities—often on a terrace overlooking the sea where gulls, frigate birds, and pelicans wheel by your table in search of a handout. Local seafood is the specialty, with shrimp, abalone, lobster, crab, and squid served in spicy Mexican style. Evening entertainment usually focuses on a mariachi band, a folklorico show, or a guitar-playing vocalist. On special occasions, hotels stage elaborate barbecues with local music under the stars.

The Finistera and Solmar Hotels are sculpted into the cliffs at land's end. The Hacienda fronts on the beach adjacent to the town of Cabo San Lucas. The Hyatt Cabo San Lucas, Twin Dolphin, Hotel Cabo San Lucas, and Palmilla face the Sea of Cortez three to ten miles to the north. Typical rates at most hotels range from about $60 to $100 per day double, including meals and a 15-percent service charge. Rates without meals usually run about 40-percent less.





Massive stone arches at the peninsula's tip.

Photographs: Hughes Airwest

How to get there?

Mexicana Airlines and Aeromexico serve San Jose del Cabo airport direct from Los Angeles, each with flights three times a week on alternate days; round-trip fare is about $200. Hughes Airwest flies from Tucson four times a week; about $150 round trip. The airlines offer attractive package deals, including transportation and accommodations, that reduce the overall cost of a visit. Though it's possible to drive the full length of the Baja peninsula from the California border on a paved road (Highway-1), be ready for a long journey (about 2,000 miles round trip). It's wise to at least carry water with you, too, since service facilities are few and can be far between.

For more information about Cabo San Lucas, write to Manuel Muñoz Avina, Mexican National Tourist Council, 9701 Wilshire Boulevard, Suite 1201, Beverly Hills, California 90212. You also can contact one of the three airlines serving the Cabo San Lucas area or any of the seven hotels directly (at Cabo San Lucas, Baja California Sur, Mexico). ■

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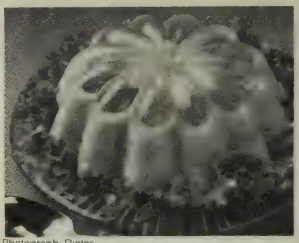
Layered salad how-to

Sculpting a festive molded salad is easier than you might think. Once you learn to recognize the different chilling stages of the gelatin, you practically have it made.

Here's a quick briefing on the important stages—partially set, almost firm, and firm—gelatin goes through on its way to becoming a luscious layered salad.

● *Partially set*—The gelatin is chilled to the consistency of unbeaten egg whites. This is the stage to gently fold in fruit, vegetables, or other ingredients such as nuts, cheese, etc. so that the food stays suspended in the gelatin mixture.

● *Almost firm*—A salad will stay in two distinct layers if the first layer is chilled till "almost firm" or appears to be set, but is still sticky to the touch. Slowly pour or spoon the second layer over the almost-firm one.



Photograph Dieter

● *Firm*—The salad can be unmolded when it's "firm" or completely set and is no longer sticky to the touch.

To unmold the salad, loosen the edges with a spatula. Dip the mold in warm water up to the rim for a few seconds. Tilt the mold to ease the gelatin away from the sides all the way around. Place the serving plate upside down atop the mold; invert plate and mold together and shake them gently till the salad falls onto the serving plate. Lift off the mold. Garnish the salad with greens as desired. If the salad doesn't drop easily onto the platter, repeat the dipping and inverting.

LAYERED PEAR SALAD

1 16-ounce can pear halves
1 3-ounce package lemon-flavored gelatin
1 cup boiling water
1 teaspoon vinegar
1 3-ounce package cream cheese, softened
⅛ teaspoon ground ginger
6 to 12 walnut *or* pecan halves (depending on size of mold)

Drain pears, reserving syrup; add water to syrup to make 1 cup liquid. Set aside. Chop pears; set aside.

Dissolve gelatin in the boiling water; stir in reserved pear liquid. Measure ⅔ cup gelatin mixture; set remainder aside. To the ⅔ cup gelatin, add vinegar; pour into 4-cup mold. Chill till *almost firm.*

Meanwhile, beat cream cheese and ginger till fluffy; stir in remaining gelatin mixture. Chill mixture till *partially set.* Fold pears into cream cheese-gelatin mixture. Arrange the nut halves upside-down on top of gelatin in mold; spoon pear mixture atop. Chill till *firm.* Makes 6 servings. ■

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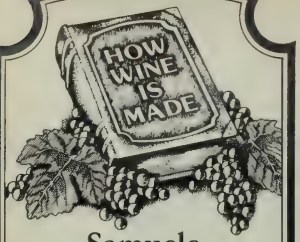
The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.

Today's asphalt roofing shingles are among the finest products made in America. Some are made with a fiberglass base. All are handsome, durable, economical, and highly fire-resistant. And you have a wide spectrum to choose from, in a palette of colors to complement your home's exterior. Wherever you live in the West, today's roofing shingles fit in with any setting or architectural idea. Use them when building or remodeling.

Asphalt Roofing Manufacturers Association

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Today's Roofing.



Samuele

2 Winemaking began in our family with my grandfather Samuele Sebastiani. Inspired by his father's love of good wine, he learned his art as a boy from the monks of a monastery near his home in Farnetta, near Lucca in Northern Italy.

In 1895, 21 year old Samuele left the vineyards of Italy and came to the United States, settling here in Northern California. He worked many years with the dream of owning his own winery. First as a laborer in the vegetable fields of Colma, south of San Francisco, where he earned the money to buy a wagon and a team of horses. Then to the quarries of Schocken Hill, overlooking Sonoma, where he cut and hauled cobblestones for San Francisco streets.



By 1904, enough was saved to purchase the original vineyard of the Mission de Sonoma, established in 1825, and the stone cellars that once housed the wines of General M. G. Vallejo. Samuele Sebastiani had his winery.

Married that same year, he and my grandmother Elvira began working together to build the family enterprise. She took in washing to help meet expenses while her husband made his deliveries, filling the barrels of local merchants from a small vat on the back of his wagon. His reputation as a creator of fine wines was beginning.



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H2

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BUILDING

An add-on entry

A front door opening directly into the living room can create problems. Family members have no place to stash school books or play equipment, and guests find it awkward to remove wet boots or drop off packages. The entryway shown here creates a "holding" area for traffic entering the house and has a closet large enough to store plenty of paraphernalia.



Photographs: William Hopkins. Source: Patricia Carpenter

The addition is nine by five feet and follows the slope of the house roof. To accommodate a standard-size door but maintain the original slope, the entry was lowered one step *(see photo above)*. The storage closet is conveniently located on the opposite wall, and keeps coats, rain gear, and other outdoor equipment out of sight.



The exterior of the entry *(see photo above)* received a contemporary treatment with used brick and bright white trim. The shuttered window follows the same style as the rest of the house. A root cellar with basement access was also added under the entry. ■

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Dole® fresh pineapple is a slice of exotic island sunshine.

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So don't worry if the outside is more green than gold, or how it sounds when you thump it. And don't bother tugging at the leaves. There's only one test. The label. If it says Dole, your pineapple is ripe and ready to eat.





1. Slice in half lengthwise. Remove fruit with curved knife, leaving shell intact.
2. Cut crosswise into one-inch slices.
3. Arrange slices in shell.

Rocking Chair Classics

Like popcorn and baseball, rocking chairs are an American invention. That's not surprising, since most of us feel that rocking could easily become a favorite pastime.

It all started with Benjamin Franklin, who conceived the idea of attaching a curved slat to the feet of a chair so it would rock back and forth. Although rockers have been around only since the late 1700s, they've brought us so much enjoyment that it's hard to imagine how people ever did without them. Here are two popular styles.

The Boston Rocker. Sloping lines and comfortable curves make the Boston rocker one of the most popular chairs ever made. Originally, the term "Boston rocker" applied to *all* chairs with curved back and armrest supports, but today the term is reserved for the kind of chair pictured here.



Photographs: Bill Helms

The stenciled floral design on the top rail was adapted from early Hitchcock chairs which were produced at the same time as the Boston rocker.

Vertical spindles form the chair's contoured back and armrest supports. The smoothly rounded seat and turned legs are made of solid hardwood. *Manufacturer: Ethan Allen.*



The Bentwood Rocker. Delicately curved bentwood rockers, like all of Thonet's bentwood furniture designs, have a light and airy look.

The bentwood steaming process, developed in the 1830s, eliminated much costly handwork so that the chairs could be mass-produced.

The cane seat and back are held in place by single pieces of wood rather than by several glued-together pieces. The result is a continuous flow of curves that forms a tough yet graceful shape. The rocker you see here is a copy of Thonet's famous design. *Manufacturer: Otto Gerdau.* ■

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sit Mt. Rushmore, bigger than anything
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lax along vast Missouri River reservoirs
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me, share our memories of the Old West.
rill at the first sight of buffalo, explore
t cavalry posts, go to a rodeo.

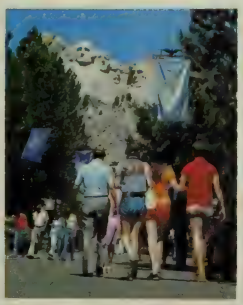
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2 c. flour
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3 t. baking powder
1 t. salt
2 eggs, separated
1 1/4 c. milk
2 T. salad oil or shortening
1/2 t. vanilla
Bountiful Sliced Almonds
Peach pie filling
Whipped cream

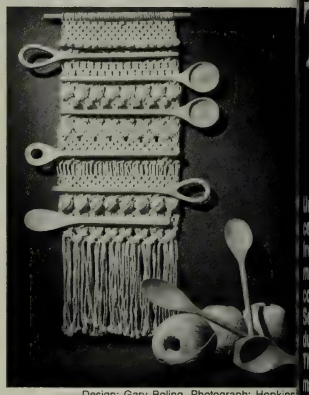
Sift dry ingredients together. Beat in egg yolks, milk and vanilla. Add shortening and fold in stiffly beaten egg whites. Bake in hot waffle iron until golden brown. Top with peach pie filling, whipped cream and Bountiful Sliced Almonds. Makes about six waffles.

BMF FOODS 325 SOUTH HYLE AVENUE FULLERTON, CALIF. U.S.A.

CRAFTS

Knotty kitchen wall hanging

Cable cord and kitchen spoons are cleverly combined to form this natural-toned macrame wall hanging.



Design: Gary Boling. Photograph: Hopkins

Materials: Three 100-yard balls #30 cable cord; 12-inch-long wooden dowel (½ inch); 6 wooden spoons; rubber bands; electric drill with ⅛-inch bit.

Instructions:

1. *To attach spoons:* Drill 2 holes ½ inch apart on each end of the handle. Draw cords through holes (use a crochet hook); tie a square knot under each pair of holes to secure spoon. Tie a row of square knots across to match these 2 knots.

2. Cut 32 eight-yard cord lengths; wrap ends into bundles, securing with rubber bands. Mount lengths onto dowel with reverse lark's head knot.

3. Tie 6 rows of alternating square knots. Beginning at left end, tie 16 popcorn knots (*see diagram*). Under this row, attach a spoon. Work a row of square knots across. Work 2 rows of double alternating square knots. Attach second spoon and work 2 rows of alternating square knots below.

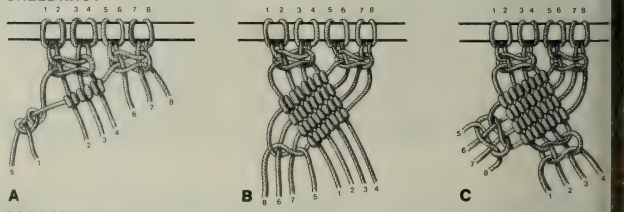
4. Work 8 shell knots across row (*see diagram*). Between these work 7 popcorn knots. Work a row of shell knots below. Attach third spoon. Work 2 rows of alternating square knots.

5. Work 8 shell knots across through steps A and B *only*. Between these groups, tie 1 square knot with 8 cords. Work 3 rows of alternating square knots, add spoon. Work 2 rows alternating square knots.

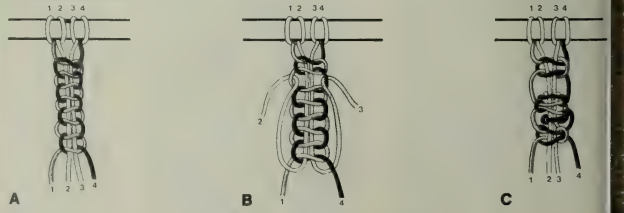
6. Drop down, work 3 rows of alternating square knots; let 1½ inches of cord fall free. Add fifth spoon. Work 2 rows of alternating square knots.

7. Work 8 shell knots across. Tie 2 rows of alternating square knots, add last spoon. Tie two rows of alternating square knots. Work 2 rows of alternating square knots; use 8 strands per knot. Leave 8 inches of fringe. ■

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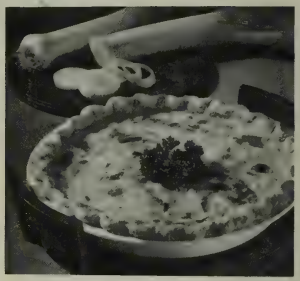
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Leeks: oddball onions



Photograph: Dieter

To crossword puzzle fans, the leek may be the national symbol of Wales, but it's also an ingredient that adds subtle flavor to many dishes. Our Leek Quiche is an especially tasty example. Though a leek looks like a green onion, it's larger and has big, flat leaves and a milder flavor. Wash leeks thoroughly before slicing the white portion and an inch into the greenery.

LEEK QUICHE

1 9-inch unbaked pastry shell
8 slices bacon
1 cup sliced leeks (2 large leeks)
2 cups (8 ounces) shredded natural Swiss cheese
3 beaten eggs
1½ cups milk
1 tablespoon all-purpose flour
½ teaspoon salt
Dash ground nutmeg

Bake *unpricked* pastry shell in 425° oven for 6 minutes, or till just lightly browned. (Pastry may puff but will settle.) Remove from oven; reduce oven temperature to 325°. In skillet, cook bacon till crisp; drain, reserving 2 tablespoons drippings in skillet. Crumble bacon and set aside. Cook leeks in reserved drippings till tender but not brown; drain. Place all but 2 tablespoons of the crumbled bacon in pastry shell; top with cheese and leeks. Combine eggs and milk; with rotary beater, beat in flour, salt, and nutmeg. Pour mixture into pastry shell. Sprinkle with reserved bacon. Bake in 325° oven for 45 minutes or till nearly set in center. Let cool 10 to 15 minutes before serving. Garnish with parsley, if desired. Makes 6 servings. ■

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Add fresh taste and variety to your salad, but without adding extra calories. Push The Flavor Button™ with Country Stand® Fresh Mushrooms. They're full of flavor and surprisingly low in calories.

And because Country Stand Fresh Mushrooms are grown nearby, they are always fresh, plump and white with a good firm texture. That's why Country Stand Fresh Mushrooms make almost any salad, main or side dish, taste better.

Try this recipe for a quick lo-cal luncheon or a special dinner salad. It makes the great American B.L.T. combination even better.

B.L.T. SALAD

4 firm large tomatoes, lettuce leaves, 1 lb. of Country Stand Fresh Mushrooms, cleaned and sliced, 8 strips of crisp fried bacon, crumbled, 4 green onions with tops, thinly sliced, 3 tablespoons of vegetable oil, 1 tablespoon of red wine vinegar, 1½ teaspoons salt, ⅛ teaspoon black pepper.

Ralston Purina

© Ralston Purina Company, 1979

Cut 18 center slices from tomatoes. Lightly salt. Arrange the tomatoes in 6 lettuce-lined salad bowls.

Coarsely chop up the tomato ends. Toss with mushrooms, bacon, onion, oil, vinegar, salt and pepper. Spoon over tomato slices in lettuce-lined salad bowls.

Makes 6 luncheon salads (only 172 calories per serving)

The B.L.T. Salad is just one of the many trimming low calorie recipes you will find in The Country Stand Fresh Mushrooms *Diets Can Be Delicious Cookbook.*

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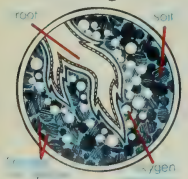
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New Oxygen Plus lets you breathe a little easier in caring for all kinds of indoor and patio plants...including those "difficult" or expensive varieties. Available at finer nurseries and garden centers; or send $2.25 check or money order (includes postage and handling) for 8 oz. trial size to:

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BUILDING

What to ask when house shopping

Whether you're looking for a new house or an old one, quality construction is crucial. But how can you determine the quality of the unseeables—the things built into the house and covered over?

Mostly, you have to rely on the information you can elicit from the builder, owner, or real estate agent. Here's a checklist to help you ask the right questions.

- Is the house built on fill land? If so, the house may be on unsteady footing and may settle unduly.
- Does the foundation have exterior waterproofing? If not, you might be in for a damp or wet basement.
- What is the R factor of the insulation (its ability to resist the flow of heat)? Look for figures like these: ceilings, R-22 (in cold climates, R-38); walls, R-13 (in cold climates, R-19).
- Are the windows of insulating glass or double glazed? If not, they aren't energy efficient.
- Does the house have termite protection? Written evidence should be provided by a reputable pest control firm.
- Is there a finished floor under the carpeting? If not, you'll have to finish the floor should you decide against wall-to-wall carpeting later.
- Is there adequate electric service to the house? The entrance should be at least 100 amp—200 amp is best.
- Is the plumbing waste system hooked up to the city sewer? If not, the system is probably on a septic tank. Make sure its capacity is large enough to handle your family's needs. And, brace yourself for the cleaning and operating expenses a septic tank entails.
- Is the inside diameter of the plumbing pipes at least ½ inch? If not, the plumbing may be inadequate. On a good plumbing job, ¾-inch pipe is used for all main runs.
- Are heating/cooling equipment and appliances on separate circuits? If the answer is "no," you may be faced with a shortage of electrical power. Large equipment such as the furnace, air conditioner, and oven should all have separate circuits. ■

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Caring for fine crystal

It isn't difficult to protect your investment in fine crystal and glassware. A gentle touch and careful handling will keep it sparkling.

Washing techinques

Although some manufacturers of fine crystal say their stemware can be washed in an automatic dishwasher, you should do so with care. Make sure the glasses are placed so they don't touch one another. The effects of strong detergents, extreme heat of rinsing and drying cycles, and strong water pressure may be undesirable.

If you choose hand washing, first place a rubber mat on the bottom of the sink, then wash your crystal with warm sudsy water and a soft cloth. Hold the glasses by the stem, never by the foot. Remove your diamond ring so it won't scratch your crystal.

Whenever you clean decorated stemware, wipe the bands very gently, after the glass has become cool to the touch.

Storage tips

To cut down on grease buildup, store your stemware in a china cabinet away from the food preparation area. Cover the shelf with a soft fabric, like velour; place glasses so they don't touch.

For long-term crystal storage, don't use the attic—extreme temperatures can cause glassware breakage. Newspaper is the best wrap for storage since the sulfur content of some kinds of tissue can turn stemware brown.

General maintenance

If you use only a few place settings and your set is a large one, rotate the use of your stemware, so that all pieces get the same amount of wear.

Because extreme temperatures can cause crystal to break, never drop ice cubes directly into your water goblet. Always pour in some water first. ■

Enjoy Mexican cooking without going South of the border. In this new book you'll find hundreds of authentic recipe dishes you can easily prepare with ingredients found in most supermarkets.



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The Springmaid®/Grace Kelly Collection will turn your bedroom into a collage of pressed flowers.



ou know Grace Kelly, the actress, from starring roles in many films.
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he's been giving collages to friends for rs, and they encouraged her to have a blic showing of her art.
n 1977, at the Galerie Drouant in Paris, ce Kelly had her first one-woman show.
he public loved it. And so did we.
e asked Princess Grace to produce a series ressed flower collages that we could adapt for our use.

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We think the results of our collaboration with Miss Kelly are beautiful, and so does she.

You may see these designs in the new Springmaid/Grace Kelly Pressed Flower Collection.

Shown here is the Fiona pattern. A bright design of colorful flowers and foliage on a snow-white ground.

The fabric is a blend of 65% polyester and 35% cotton, so they feel as heavenly as they look.

There are sheets, pillowcases, bedspreads or comforters, dust ruffles, shams, draperies, napkins, tablecloths and placemats, now at introductory prices.

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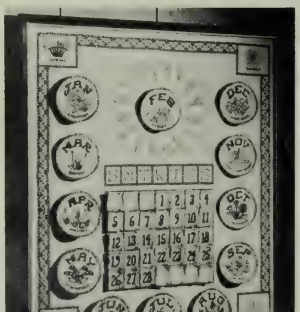
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from Better Homes and Gardens

Inspired by an old fashioned sampler, each colorful flower introduces a simple embroidery stitch. Months and dates can be moved and reattached in seconds to keep calendar up-to-date forever. Special patented hook and pile nylon tape does the trick. This calendar is alive with color too. Yellows, gold, orange, browns, blues, green, pinks, purple and lavendar—15 shades in all—make it an eye-catching conversation piece. Each colorful flower represents a month, each corner symbolizes a season and a swirling golden sun surrounds the current month name. A BETTER HOMES AND GARDENS® EXCLUSIVE (not available in stores), kit includes design stamped on natural colored linen, enough nylon tape for changing months and days, embroidery thread and easy-to-follow instructions. Fits out 18" x 24" frame offered in money-saving combination.



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Literature for nature lovers

If you like to keep in touch with Mother Nature as you travel, these publications can add to your fun.

Natural history highlights

The new Questers Tours and Travel directory features nearly three dozen nature tours with natural history (national parks, archaeological sites, nature preserves, and museums) as the focus. Destinations include the U.S., Canada, Mexico, South and Central America, Europe, Asia, Africa, and the South Pacific. Prices for the four- to 36-day trips start at $545. To get a free copy of this *Directory of Worldwide Nature Tours,* write Michael Parkin, Questers Tours and Travel, Inc., 257 Park Avenue South, New York, New York 10010.

Camping, anyone?

There's a new Colorado directory that gives a rundown on more than 70 campgrounds in that state. Send a self-addressed, stamped envelope to *Colorado Campground Association Directory and Map,* Colorado Campground Association, 5101 Pennsylvania Avenue, Boulder, Colorado 80303.

For more about how and where to camp, consult the new edition of the *KOA Handbook and Directory for Campers.* Besides containing information about over 800 KOA Kampgrounds in the U.S., Canada, and Mexico, the volume offers road maps, tips on camping and packing, even outdoor recipes. Get a copy free from a KOA Kampground or send $1 to KOA Handbook, Box 30558, Billings, Montana 59114.

All about the weather

If you like to know about the climate and weather at vacation spots you're considering, you'll find *The Climate Advisor* helpful. It's an easy guide to some 360 locations in the U.S., Canada, Mexico, and the Caribbean. Included are descriptions of the destinations, plus data on rainfall, wind, etc. To get a copy, send $7.90 to Climate Guide Publications, Box 323, Station C, Flushing, New York 11367. ■

Peachy cheesy.



Winifred Morice, Home Economist.

"Try this cling peach and cottage cheese mold. It's simply delicious to eat. And deliciously simple to make. Because cling peaches and cottage cheese go together. Real cottage cheese. The best thing next to anything."

Peachy Cheesy Salad

1 can cling peach slices
2 pints small-curd cottage cheese
2 tablespoons unflavored gelatine
1 teaspoon cream-style horseradish
1 cucumber peeled, seeded and grated
½ cup parsley, minced
2 green onions, including tops, chopped
lettuce leaves

Drain peaches. Turn cottage cheese into mixing bowl. Lightly sprinkle surface of cheese with gelatine; stir. Continue to sprinkle and stir until all gelatine is used. Fold remaining ingredients, except lettuce, and peaches, into cheese. Mix well. Spoon cottage cheese mixture into 5-cup mold. Chill at least 1 hour and turn out on lettuce leaves. Fill center with peach slices. Makes 6-8 servings.



Look for the real dairy product seal.

American Milk Advisory Board

Choosing the right architect

If you want an original house, have special design requirements, or plan extensive remodeling, you'll probably need an architect. But how can you find the one who does the kind of design you want? Following these steps can simplify your search for the right architect.

1. Get the names of several architects and check into their work.

You can get some of the best referrals from friends, relatives, or acquaintances who have used architects. If you don't know anyone who has, you can check with your bank's mortgage department, an experienced real estate broker, the town building inspector, or the real estate editor of your newspaper.

You might also get names from the nearest chapter of the American Institute of Architects (A.I.A.). This is a professional association of registered architects who have established their own code of ethics and standards. All members use A.I.A. after their names. If there's an architectural school near you, ask the dean if any former students are doing residential work in the area.

2. Visit offices of likely architects.

Make an appointment with each architect you're considering so you can ask questions about his work and assess how well you get along. Ask to see pictures and plans of houses he has designed. If you like what you see, ask him to take you to some houses he has done. (You may wish to go back later and ask his clients if they're pleased with the way the architect performed his job.)

Also discuss with each architect his philosophy of design, your ideas, and what kind of project you hope to build. Tell him of your present and future needs and what kind of room arrangement you want. The more you tell him about you, your family, your tastes, and the way you like to live, the easier it will be for him to design for you.

3. Discuss contract arrangements and fees.

Tell him what you can afford to pay and find out what work he will do for that price and how he's to be paid. (Normally you pay the fee in installments.) The fee depends on the cost of the job and on the amount of designing, supervising, and other work involved. These charges can be computed as a percentage of total building costs, as a fixed fee plus expenses, on an hourly or daily rate, or as a multiple of the architect's direct expenses. The percentage charged for a remodeling is usually higher than for a new home, because remodeling work can be more complicated and unpredictable.

And be sure to ask the architect how long it will take him to design your house.

4. Consider these final points before selecting your architect.

Do you have confidence in his design ability, his efficiency, and his competence in construction? How well will he work with the contractor, with you, and with everyone else involved in the project? Do you respect his business ability? And, finally, is he available when you want him? ■



Once you discover New Fresh Feeling,™ disposable douches don't make sense.



Does it make sense to throw away $37 a year?

If you don't like throwing away dollars, New Fresh Feeling makes sense. It's the first semi-disposable douche. All you dispose of are the 12-ounce bags. (You can get refills in boxes of six.) The rest of the Fresh Feeling kit you save. So, douching twice a week* with Fresh Feeling instead of the leading disposable, can save you $37 a year. Now that's sensible.



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Check the small print, and you'll find most disposable douches hold only 4½, at most 6, fluid ounces. You may think that's enough. But is it? Each Fresh Feeling bag holds 12 ounces. So you get over twice the cleansing capacity of the leading disposable—every time you douche with Fresh Feeling. And that makes a lot of sense.



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Not if you don't have to give up convenience. And with Fresh Feeling you don't. Each bag is filled with lightly scented, pre-measured powder. You merely add warm water. And the feeling's warm and refreshing. Not cold and uncomfortable like pre-mixed disposable douches can be. If you want to feel fresh and clean, and really rather sensible, discover New Fresh Feeling.



The totally sensible, semi-disposable douche.

*Maximum use suggested by physicians.

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Taste the tantalizing new spirit of old New Orleans.



Old New Orleans lives in music, memories and pralines—those sumptuous morsels of pecans and vanilla that have been French Quarter favorites for 300 years. Now that spirit lives in tantalizing new Praline™ Liqueur. Smooth, mellow, elegant and slightly risqué, Praline is the original New Orleans-Style™ liqueur!

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Wall-hugging study space

Just about any leftover corner or sliver of wall space can accommodate a compact work/study area. A space-saving table, a chair, and wall-hung shelves will do the job. Here are three examples of convenient small-space desks.



▲ In this second-floor playroom, a streamlined Parsons table provides study and play space for two elementary-school-age children. The 9½-foot-long double desk and matching shelves were constructed of plywood and covered with plastic laminate. Lightweight aluminum frame chairs have canvas covers that slip off for laundering.



Photographer: Fritz Taggart Designer: Virginia Bjerke, ASID
Source: Pauline Graves

▲ Here's a cozy corner setup for a hobbyist, in this case a stamp collector. The simple ledge table supports a burlap-covered display board framed in 1x8s; the fluorescent fixture attached to the top of the frame sheds plenty of light for close-up detail work. A brass rail installed in the frame keeps collectors' catalogs close at hand.



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Brew Starter's the only coffeemaker that turns itself on and starts to brew automatically. So you wake up to delicious, fresh-brewed coffee. Here's how it works. Before going to sleep, just put coffee and water in your Brew Starter. Then set the timer and flick the automatic switch... Brew Starter does the rest!

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Photograph/Source: Jessie Walker Associates
Design: Betty Komar

◀ This space-saving work surface and storage system are tailor-made for a small youngster and a pocket-size room. The good-looking and practical desk-top drawer unit and the shelves are mix-and-match store-bought components, hung by the homeowner on strips attached to the wall. The ladder-back desk chair was purchased unfinished, and painted a bright color. A colorful wallpaper graphic visually separates the compact study area from the rest of the room. ■

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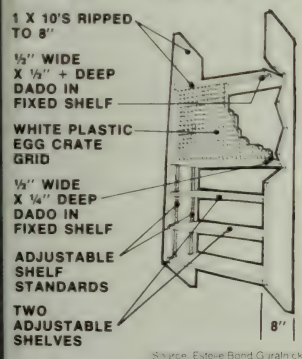


Air conditioner camouflage

Want to hide a wall-mounted air conditioner? If so, consider adding some storage while you're at it.



Build a simple bookshelf the width of your air conditioner as shown below and nail the top two shelves in place. (Before assembling the unit, rout a dado a bit more than ½ inch deep into the bottom of the top shelf, another dado ¼ inch deep into the top of the bottom shelf.) Into the top groove slip



Source: Estevie Bond Giraldnick

a piece of eggcrate grid slightly taller than the space between the shelves; let the grid rest in the lower dado. When you need to reach the air conditioner, simply slip the grid up and out. ■

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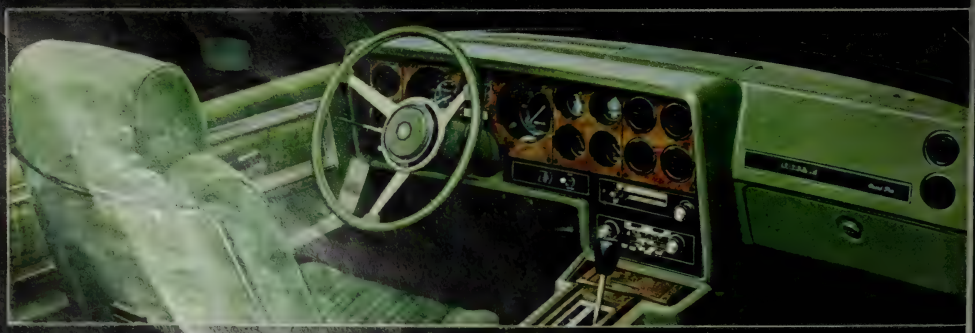
The next time, it may be Grand Prix's luxurious interior that charms you. With its soft, available bucket seats. Its impressive roominess. And impressive quiet, due in part to special body mounts and door and body seals.

It's easy to fall in love with Grand Prix's road ability, too. There's a new freer breathing standard 3.8 litre (231-CID) V-6 that will amaze you with its response. Grand Prix is equipped with GM-built engines produced by various divisions. See your dealer for details.

It all makes Pontiac's new 1979 Grand Prix one very enchanting automobile to buy or lease.

And makes owning one a love affair... that never seems to end.

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BUILDING

Energy-saving shutters you can build

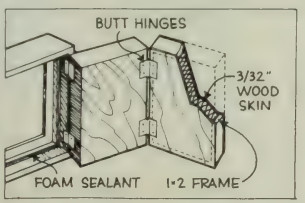
This project is a good first step toward making your home more energy efficient. During cold winter nights the interior window shutters keep heat from escaping through window surfaces. Swing the insulated shutters open on sunny days to let in lots of light and solar warmth.

The two panels pictured cover a 2x4-foot window and are hinged in the mid-





Photographs: Fred Lyon. Source: Barbara Gathcart



dle and at one side with small butt hinges. The shutter unit is set into the window jamb.

The designer of this project built a 1x2 frame, filled it with two-inch fiber glass batts, and added outer skins of thin mahogany door plywood. You might use ¼-inch plywood for a slightly tougher outer shell.

A magnetic catch mounted at the lower edge of the window frame holds the closed shutter snugly against a strip of ½x¼-inch foam weather stripping tape. The tape goes all the way around the inside of the shutter frame and creates an airtight seal. ■

Presenting the GE toaster that broils and bakes.



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The GE Toast 'N Broil Toast-R-Oven™ toaster.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

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The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for. Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.



It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

TEFLON II

Other items made by General Electric use DuPont Teflon® non-stick coatings

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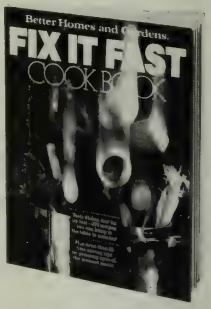
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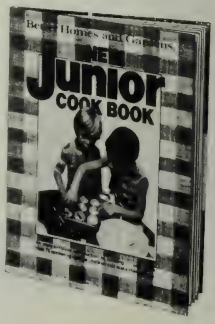
Energy-Saving Projects You Can Build by Better Homes and Gardens® tells you dozens of practical things you can do around the house to cut down on the amount of energy it takes to keep you comfortable winter and summer. Complete how-to details are given for every one of the ideas suggested. There's a section on weatherstripping, caulking and insulating; another on projects such as sunscreens, shutters, and windbreaks and how to build them. A full section informs you about heating and cooling systems, and how to maintain them at peak efficiency. Whether you live in Austin, Minnesota, or in Austin, Texas, this practical hardcover book can save you many times its $3.95 cost. Pick up *Energy-Saving Projects You Can Build* wherever books are sold.

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...AND THIS ONE WILL GIVE YOUR KIDS HOURS OF FUN IN THE KITCHEN



Better Homes and Gardens *New Junior Cook Book* is a collection of 75 recipes that are simple enough for kids to prepare, and so good they'll want to eat what they've cooked. In fact, dozens of grade-schoolers helped us test the recipes in our kitchens, and then ate the results with obvious satisfaction. In this *New Junior Cook Book*, good nutrition is the key. Recipes include sandwiches, main dishes, salads, vegetables, breads and snacks. Most can be made without help, but if cutlery or electric appliances are involved, there's a clear caution to ask Mom for help. Recipes are written so a youngster can understand them, type is large and clear, photos and cartoons are colorful and amusing. And, yes, there's a part on cleaning up! Hardcover. Only $3.95 at your bookseller.

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BRICK BUYMANSHIP

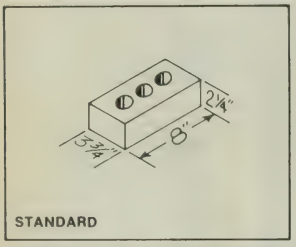
It's about time to start producing those ambitious outdoor projects you planned all winter long. And if a brick patio is high on your want list, you'll find the following information helpful. It's a rundown on what's available at most brickyards—plus a few tips to help you buy the best bricks for your particular project.

Brick is made of fired clay and comes in at least 10,000 combinations of textures, colors, and shapes. The color may derive from the clay or from chemical additives and ranges from near white to almost black. Textures can be glassy smooth, rough, or anywhere in between.

The design of holes within the brick (coring) also varies with the type of clay and the manufacturer. These holes shorten the drying time during manufacture and help the mortar adhere. No one type of coring is better than another, and quality bricks can be made with no coring at all.

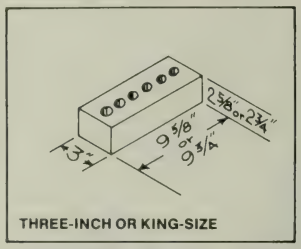
Prices range from approximately eight to 23 cents per brick.

Names and sizes of bricks vary by manufacturer. Here are some common types and suggested uses:



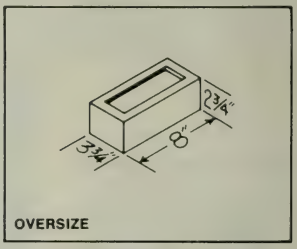
STANDARD

Usable for all walls, indoor flooring, fireplaces, patios, and barbecues.



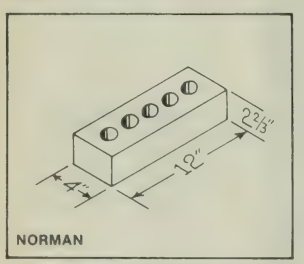
THREE-INCH OR KING-SIZE

Also called *Big John, Jumbo, Spartan.* Same uses as Standard.



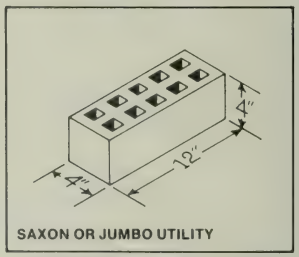
OVERSIZE

Same uses as Standard.



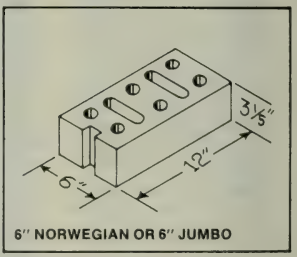
NORMAN

Same uses as Standard.



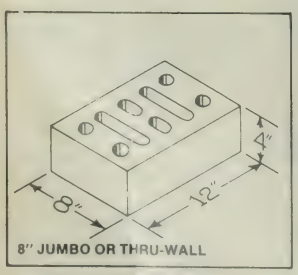
SAXON OR JUMBO UTILITY

Also called *Economy 12.* Excellent for all types of wall use.



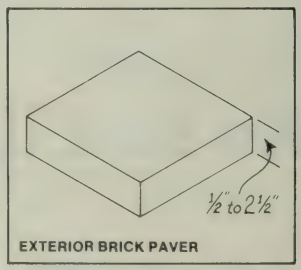
6" NORWEGIAN OR 6" JUMBO

Good for enclosed patio walls and garages. Applicable for all walls.



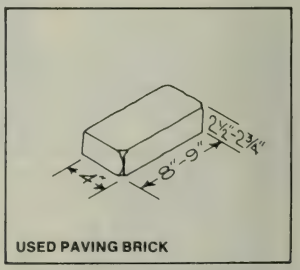
8" JUMBO OR THRU-WALL

Same uses as Norwegian.



EXTERIOR BRICK PAVER

Available in nearly 40 sizes and shapes, from rectangular to hexagonal. Used in patios, walks, drives.



USED PAVING BRICK

Usually 8 x 2½ x 4 or 8½ x 2¾ x 4. For all-around use.

Drawings: Carson Ode

continued

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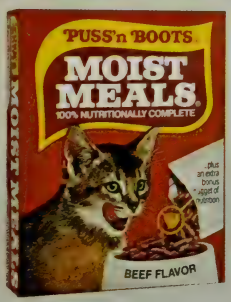
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Coupon expires January 31, 1980.

STORE COUPON

10¢ 3014 10¢

continued

How to buy bricks for your patio

Because bricks usually arrive at your dealer's yard in pallets of 500, often you can get a better price if you buy an entire pallet. Or the dealer may charge a flat price per brick for quantities of less than 1,000. Check the policies of the dealers in your area.

How many?

A pallet (500) of standard-size bricks, laid in sand, will make a 10x10-foot patio. But when laid on a mortar bed with ½-inch joints, the same 500 bricks are enough for a 10x12-foot patio. Each brick weighs about four pounds and, laid flat in a bed of sand, will cover about 30 square inches. (This allows for the tiny cracks between bricks.)

If you use oversize bricks, you'll need 5.2 per square foot. For king-size and Norman bricks, plan on using 4.5 per square foot. For a 4x8 brick paver, you'll need 4.5 per square foot, and for an 8x8 paver, count on using 2.5 per square foot.

What size?

For a sand-base patio, your bricks should be at least two to 2½ inches high for durability. However, if you use larger bricks (8x8 or bigger), you can reduce the thickness to 1⅝ inches.

If you plan to use an asphalt or concrete base, you can go with the thinner brick pavers, in thicknesses from ¾ to 2½ inches.

Which quality?

Only bricks manufactured without holes or coring are recommended for patios. For exterior use, you'll want a good hard brick that resists moisture and cracking. However, the old rule that dark bricks are the hardest is no longer true. Modern technology makes it possible to manufacture bricks that are both light in color and durable. Conversely, chemical additives can be used to darken low-quality bricks.

To determine which kind of brick is the most durable in your area, check with other users. And also find out which bricks have performed most satisfactorily in projects like yours. Here are a couple of additional tips:

Brick pavers have been developed specifically for patios, walks, and drives, and will weather well.

Old used paving bricks have excellent durability since they've been well tested for years under extreme conditions. But if you want to create a uniformly flat surface, these bricks aren't for you because they're often uneven.

Which mortar?

If you've leveled the ground for your patio, you can lay a two- to three-inch bed of sand and set your bricks directly in it, quickly and neatly. If heaving occurs during the winter, all you have to do is lift out a few bricks, level the sand, and replace the bricks.

However, you might want the more traditional look of a brick-and-mortar patio. You can use a premix mortar and simply add water. For small jobs, a premix is often the best way to go.

Making your own mortar (one part Portland cement, three parts sand, and ¼ part hydrated lime) is less expensive. But, of course, you're trading your time and effort for the cost saving. ■

Our new Junior Cook Book. It had to get passed by a pretty tough panel of experts.



When you publish a cook book for kids, you have to be sure they can follow your recipes, and that they're going to want to eat what they cook.

Hence our grade-school panel of experts. We asked dozens of them to help us test the recipes, and then sample the results. We're happy to report that our *New Junior Cook Book* passed on both counts.

Many of the 75 recipes are easy to prepare without help, (if a sharp utensil or an electrical appliance is needed, the recipe clearly cautions to ask Mom to help), and each is written so a youngster can understand it. The type is large and clear. Photographs and how-to cartoons are bright and colorful.

Good nutrition is the key, and the recipes, created to tempt the pickiest appetites, include sandwiches, soups, main dishes, salads, drinks and snacks.

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It's the incredible Le Chef Food Processor from Sunbeam.

I love to cook—whenever I can spare the time. But those recipes that call for half a day's worth of chopping, pureeing and slicing really used to intimidate me! Now, with my Le Chef, I can do those jobs in seconds. Really! And not just for entertaining, but for everyday dishes too.

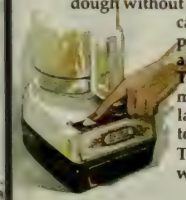
What's so special about the Le Chef Food Processor? The motor is surprisingly quiet and powerful. Sunbeam calls it direct drive. I call it incredible. Le Chef easily kneads stiff yeast dough without stalling. And its super capacity container lets me prepare enough for a crowd, all at once. The Touch On/Touch Off pulse control makes for instantly regulated action, so I'm less likely to over-process foods by mistake. The Le Chef Food Processor comes with 4 processing blades and discs, for handling each job just right. The multi-purpose blade for minced onions or homemade hamburger, the shredding disc for cheddar cheese or cole slaw. The slicing disc turns out perfect, even slices of vegetables or sausage. I use the mixing blade for cake batter and desserts.

There's even a handy spatula and a complete 64-page recipe book included.

Le Chef, the amazing, indispensable food processor for everything from apple pancakes to zucchini. From my favorite appliance company. Who else but Sunbeam.

Sunbeam

Love their quality!
Shirley Jones





Sunbeam Appliance Company, a division of Sunbeam Corporation ®Sunbeam ™Le Chef ©Sunbeam Corporation, 1978

HOUSEPLANT HOW-TO

Small-scale dish gardens are ideal for narrow spaces that need a bit of green to cheer them up. Use clay saucers or shallow pots for blooming and foliage plants or succulents. Here's how to plant them.



Photographs: Mike Dieter



Any shallow-rooted plant is suitable for saucer-garden culture. Creeping plants, such as fittonias or English baby's tears, create a dense mat when pinched back, so they do especially well in saucers. For our grouping, we've chosen an earth star (*top left in the photo left*), a variegated sedum, and two oxalis.

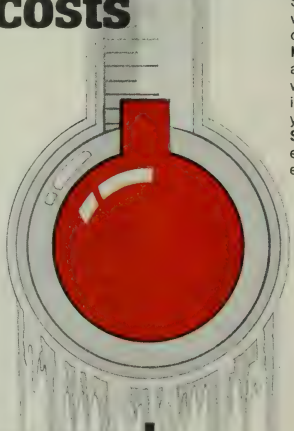
To plant your own saucer garden, remove the plant from its original pot, shake off excess soil, and carefully spread the roots of the plant evenly over the bottom of the saucer. Add enough soil to fill the saucer, water thoroughly, and place in indirect light for a week so the plant can adjust.

Give saucer plants the same care you'd give them if they were in pots. Keep them in good light and water when the soil feels dry. It isn't necessary to fertilize the plants—in fact, you may have to do a bit of judicious pruning to keep them within the bounds of their containers. ■

You'll want to cut down rising energy costs soon...



and you'll want to start with **DAP Acrylic Latex Caulk.** It guns easily, smoothly, to seal cracks and joints around windows, door frames and board ends — wherever the cold gets in. You can apply it inside *and* outside to save heat loss and help reduce utility bills. It dries quickly and takes any paint. Comes in 7 popular colors to save painting time, too.



Depend on these DAP fix-up products, too: Replace broken window glass with **DAP '33' Glazing Compound.** Sets new panes in primed or unprimed wood and metal sash. To stop water damage around tubs and showers, use **Kwik-Seal® Tub & Tile Caulk.** It makes a neat white seal that resists mildew, won't crack. To finish off problem rust in outdoor furniture, toys, mowers, you need **Derusto Minute Finish Spray.** The rust-inhibiting primer in every color gives extra protection with every coat.



and when you do... all you gotta know is

DAP Derusto

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These are the weeks when thirty minutes with your spreader and our Turf Builder® will help you get the most out of Spring's good growing weather.

This is one of the easiest tasks a good lawn calls for. You can do it the same morning you have a golf date and still tee off on time.

It's also one of the best things you can do to make your lawn thicker this Spring. The sun's moved far enough north now to warm up the earth and your grass is trying its hardest to grow.

But this is where nature needs some help. There's a desperate competition for food among the roots your lawn already has. Your soil alone can't come up with the nutrition all those grass plants need to branch out and form new plants.

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We put this fertilizer up in tiny granules which provide a balanced mixture of plant nutrients, including both soluble and insoluble nitrogen. Rain or watering releases the soluble food right away. The insoluble food is then released slowly by organic action in your soil.

(This also keeps Turf Builder from burning your lawn. Just do what it says in the directions. In fact, you could accidentally put on four times too much this Spring and it still wouldn't burn.)



Now when it's growing again your lawn needs a good feeding.

We make a different Turf Builder for different parts of the country. We've done research all over, from the West Coast to the Northeast, to make sure you get what's best for where you live.

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We'll give you his address if you call us toll-free in the Continental U.S.: from east of the Mississippi 800-543-1415. West, 800-543-0091. Or if you call from Ohio, 800-762-4010.

And if you ever come by Marysville, Ohio, drop in. Take a look at our lawn.

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GOOD NEWS PLUS

Cardboard carry-aways



If corrugated kraft paper is strong enough for a shipping container, it ought to be strong enough for furniture. That reasoning prompted Directional Industries (979 Third Avenue, N.Y., N.Y. 10022) to create a new line of knock-down furniture. Aptly named "Corrugates," the furniture is innovative, good-looking, and very moderately priced. The line includes two chairs, several tables, a bed, and storage units. Prices range from a low $19 for a side chair to $150 for a tall storage piece with drawers, shelves, and cabinets. The structural material is St. Regis Triplewall corrugated paper, but vinyl and treated burlap are used as accents and protective surfaces. Tables, for instance, are covered in vinyl, and chairs have burlap seats and backs. Although it's hard for most of us to imagine "real" furniture as anything but solid wood that can be willed to the children and then the grandchildren, it's important to be open-minded about new ideas for home furnishings. Think of "Corrugates" as a fresh solution for that little-used extra bedroom, the weekend hideaway, or inexpensive seating and storage anywhere in the house.

Easy-does-it light control



You're comfortably settled in your easy chair and what happens? You have to get up and fix the light. Never again, if you have "Stiffel's Light Touch" remote control system. This tiny wonder (only two inches by three inches) of integrated circuitry can give you varying degrees of lighting intensity from bright to off with the slightest touch of a finger. Attached to one lamp or two, "Stiffel's Light Touch" offers you absolute power—at least over your lighting environment—without your moving a millimeter from that easy chair.

Just kids

Here's a catalog dedicated to the idea that good design is just as important for your child's well-being as it is for your own. An award-winning fiber glass table, 100-percent cotton shirts, Tiffany sterling flatware, and a group of handmade dolls are only some of the excellent toys, clothes, and furniture in the Children's Design Center Catalog. For a free copy write P.O. Box 2291, Denver, Colo. 80201 or call toll free 800-525-6507. Orders may be charged to major credit cards.

Fabric mates



Here's help for do-it-yourself decorators who have trouble mixing and matching. Once again Riverdale has enlisted the talents of Bob Van Allen to create a stunning new collection of correlated fabric designs—designs that are specifically engineered to be used together so they're practically foolproof. Because of the neutral beige hue used in every color combination, the group is called "Paper Bag." It includes seven designs and one solid fabric, "Turnabout," which has a matte finish on one side and a glaze on the other. Stylized flowers and geometrics are the major design motifs, and colors are gutsy earth tones sometimes highlighted with deep blue or green. The collection is screen printed on 54-inch-wide, 50-percent cotton/50-percent Celanese Fortrel polyester treated with Zepel fabric protector. The fabrics sell for about $9 a yard in most department and fabric stores. Riverdale also offers the fabrics on pillow furniture. Pictured here is a small chair that retails for about $60. If you should have trouble finding the collection, write Marty Bristow, Riverdale, 295 Fifth Avenue, N.Y., N.Y. 10016.

continued

The more you insulate, the more you need Andersen.



In a one-story house, Andersen® Perma-Shield® windows may save nearly as much energy as *six inches of additional ceiling insulation!*

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So don't just insulate. Ask your Andersen dealer to help you insulate with a view. Look for him in the Yellow Pages under "Windows."

[1]Compared to windows which just meet industry air infiltration standards in a one-story house in Denver, Colorado with 15% window-to-floor-space ratio 250 lineal ft. of crack and 6 inches of fiberglass ceiling insulation (R-19).

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GOOD NEWS PLUS

Do-it-yourself solar screening

It's spring again and almost time to put in window screens. Before you do, look into the new solar screening material made from fiber glass yarn. This product will probably soon replace the old metal screening—and with good reason. Solar fiber glass screening is easier to install (no torn fingers), cuts more than half of the sun's heat and glare, and won't rust, stretch, dent, or shrink. Furthermore, it comes in a variety of colors—white, bone, charcoal, gray, and bronze—and provides daytime privacy since it allows you to see out clearly but makes it difficult for an outsider to see into the house.

Anything that reduces the heat gain through windows also cuts down on the energy consumed by air conditioning. Solar fiber glass screening is an excellent sun block, so it can significantly reduce your electric bill. Even if you don't have air conditioning, solar fiber glass screening is a plus because it still acts as a heat block while admitting cool breezes. A free brochure on solar screening can be obtained from The Screen Manufacturers Association, 410 North Michigan Avenue, Chicago, Ill. 60601. The booklet tells you how solar screening works, and gives instructions for rescreening or installing new screens.

The screening is available by the yard for replacing old screens, and some manufacturers (Reynolds Metals is one) offer all the necessary equipment for building and installing solar screens. You can buy these materials at hardware and building supply houses, as well as Sears Roebuck. For a free brochure on the Reynolds solar screening system, write Reynolds Metals Company, Hardware Division, P.O. Box 27003, Richmond, Va. 23261. ■



Put food scraps to use

Add vegetable wastes, eggshells, and coffee grounds to a compost heap. You can also toss in grass clippings and leaves. Use the compost for a garden or for other plants.

Investigate recycling programs in your area

Many communities have resource recovery centers for recycling garbage. The centers retrieve valuable materials such as aluminum, glass, and metals for reuse. The rest of the garbage is used to produce energy and is added to composts and landfill. In other communities, collection centers accept only waste that can be recycled. Then you must sort newspapers, glass, metals, and cardboard, and deliver them to the center. In communities where collection centers recycle waste, the following rules usually apply.

1. Stack clean, dry newspapers neatly and tie them in bundles. Many centers require that slick paper magazines or color inserts be packaged separately.
2. Separate green, clear, and amber glass containers.
3. Flatten corrugated cardboard boxes.
4. Clean and strip labels from metal cans.

Recycle for profit

You can make some pocket money from aluminum cans, foil, screens, lawn furniture, and television dinner trays that can be recycled for profit. To locate the aluminum recycling facility nearest you, check with local can-makers, the city government, or environmental groups. ■

HOME MANAGEMENT

Trash recycling tips

"Use it up, wear it out," advises a New England maxim. Many families are going the adage one better. They're recycling as many goods as possible, with an eye to husbanding the nation's limited natural resources, keeping their own households in order, and even making a little pocket money. Here's how you can put your trash to good use, too.

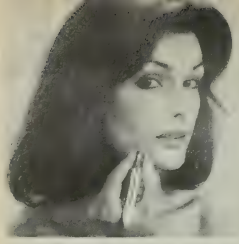
Avoid unnecessary packaging

Choose fresh fruits and vegetables. Locally grown produce requires less packaging than produce that is shipped long distances—and usually tastes better. Accept paper sacks only if you need them. If you buy a bag of dog food or a six-pack of soda, for instance, you don't need another sack to carry them home. Buy the product with the least amount of packaging if there is a choice. Avoid the extra packaging which is especially prevalent around fruits and nuts during holiday seasons.

Buy recycled products

If manufacturers know there is a market for recycled goods, more will be available at reduced prices. Buy soft drinks and beer only in recyclable containers. Also purchase napkins, toilet paper, paper towels, and other products made from recycled paper. Check milk and egg cartons to see if they're made of recycled materials.





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by Ann Lively



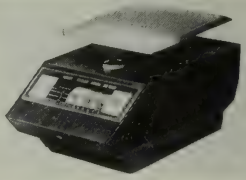
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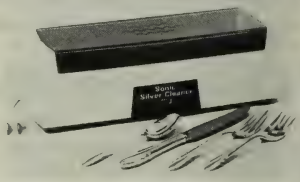
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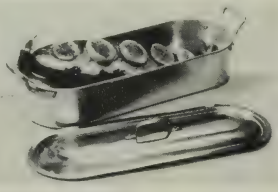
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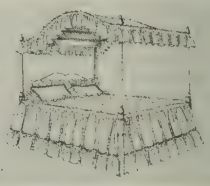
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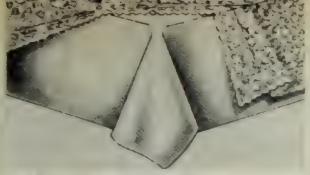
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There's nothing more elegant to serve guests than a whole fish. So easy to prepare; all you need is the right pan. 15¾" x 5½" x 3"D, fine aluminum, cast handles. #9800, $15.98 + $1.50 post. Lillian Vernon, Dept. H4E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



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In brown, red, blue or green on soft natural background (specify). Bedspread, quilted top: Tw. $47; Dbl. $55; Qn. $65. Canopy Cover: Tw. $31; Dbl. $33; Qn. $43. Sham/6" ruffle, $10 ea. $2 post. Cat. free. Country Curtains, BHG-4, Stockbridge, MA 01262.



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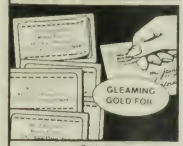
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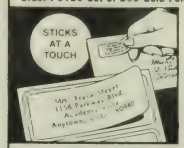
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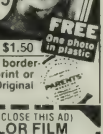
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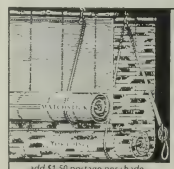
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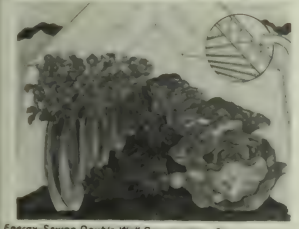
A new miniature greenhouse system requires no installation or artificial heat and protects your plants down to 22°

John E. Bryan
Consultant, Time Life Encyclopedia Of Gardening
Editor, Eatable Ornamental Gardener
Author, Small World Vegetable Gardener

It's a miniature greenhouse system. You can now grow vegetables months earlier this year with a greenhouse system so practical it doesn't require installation or artificial heat---even when it's 10° below freezing.

I've been growing vegetables for 24 years. I've tested every kind of greenhouse for home gardening. And just like you I've been alarmed at the cost of building and heating a greenhouse. But now I've found a miniature greenhouse system that needs no installation, yet protects plants down to 22° without using artificial light or heat.

It's true! I've grown vegetables in freezing cold weather when I've used these miniature greenhouses. Without artificial heat I've grown vegetables months ahead of outdoor growing seasons. With GUARD 'N GRO I've grown cool weather crops like carrots, spinach and lettuce when it's too cold to grow anything outside. Without any installation these miniature greenhouses have protected my plants down to 10° below freezing. And now to help my friend who invented GUARD 'N GRO I want to tell gardeners everywhere about this superb gardening system.



Energy-Saving Double Wall Construction. Even on cold cloudy days, thermal air cells sealed between each GUARD 'N GRO panel traps and seal in solar heat to provide a constant warm climate for your plants.

DEVELOPED IN CALIFORNIA

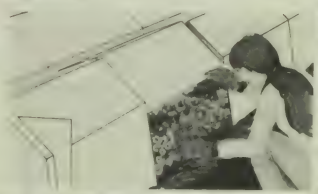
These miniature greenhouses were developed in California by my friend who named them GUARD 'N GRO. He spent years testing every possible kind of solar enclosure on plants and watching the plants react to each enclosure. From these years of testing he developed GUARD 'N GRO, the miniature greenhouses with sealed in thermal air cells.

When he sent GUARD 'N GRO to me I tried them on plants in freezing cold weather. GUARD 'N GRO kept my plants growing even in 22° cold. Soon my friend started selling GUARD 'N GRO to gardeners in other states.

It has produced superb results in Minnesota, Michigan, Colorado and Iowa. 2,000 GUARD 'N GRO systems are being used by gardeners in 46 states.

Last winter I gave GUARD 'N GRO to expert, experienced gardeners to test for themselves. They reported "We don't believe it but it's true, GUARD 'N GRO protected plants down to 22° without artificial light or heat." Thats what hard boiled experts say.

But even more important to you is what other average gardeners say. Here's a typical letter...from Mrs. Ruby Schultz of Tucson, Arizona. "Last winter I put my geraniums and tender plants in our GUARD 'N GRO...it was freezing cold - at least 18° to 20° above zero. I like GUARD 'N GRO very much. We have a larger greenhouse, but it gets cold in the winter as it is not insulated - it has to be heated in cold weather."



The basic GUARD 'N GRO unit is 4'2" long x 18" wide x 21" tall. Extensions that add another 40" to each unit let you connect individual units together. You can expand GUARD 'N GRO to six, nine or twelve feet, or as long as you like.

GUARD 'N GRO is different from any cold frame or greenhouse you've ever used. It folds flat for storage, sets up anywhere outdoors and doesn't require installation. Without using artificial heat each unit creates a dependably warm growing environment even when it's 10° below freezing outside.



Your entire garden can be protected by the GUARD 'N GRO system when you join individual units together.

Think what this means to you! Now at last you can grow your own vegetables weeks, even months earlier this spring. You can protect your plants from killing frosts, freezing cold, hail and sleet...and never spend a penny for greenhouse heating or lighting. You can extend your growing season at least 4 weeks, spring and fall. You can grow cool weather crops like lettuce, carrots, broccoli, spinach, beets, Brussels sprouts, cauliflower, onions and broad beans, and do away with buying these vegetables at stores.

QUALITY FEATURES

Don't confuse GUARD 'N GRO with those plastic "bag-like" greenhouses that puncture easily. GUARD 'N GRO is made of tough, shatterproof polypropelene...won't shatter, rip, or puncture. Patented, galvanized metal fasteners anchor GUARD 'N GRO against strong winds. Solar panels trap and seal in the sun's heat...keeps your plants warm even on overcast, freezing cold day s.



Grow vegetables weeks, even months earlier this spring. GUARD 'N GRO - with it's thermal air cells - keeps soil and plants warm and moist even in 22° temperatures. No installation, no artificial light and no artificial heat is needed. In 46 states GUARD 'N GRO is saving time and money for home gardeners. Now at last you can grow vegetables weeks, even months ahead of normal growing seasons and never spend a penny for greenhouse heating, lighting or building.

NO RISK TRIAL

No longer do you have to wait until warm weather to enjoy vegetables from your garden. Order GUARD 'N GRO...the miniature greenhouse system that needs no artificial heat...on a trial basis. Then really test the system. Use GUARD 'N GRO anywhere you like...use it as often as you like...to prove it's plant growing powers.

See for yourself how GUARD 'N GRO creates an ideal growing climate for your plants. See how it traps and seals in the sun's heat...how it keeps plants warm and moist...even when it's 10° below freezing outside.

Use it to grow lettuce, carrots, spinach, beets, broccoli...most any cool weather vegetable you like to eat.

Put GUARD 'N GRO to every test. If you don't agree it's the greatest gardening breakthrough you've ever used...if it doesn't pay for itself many times over in the vegetables it gives you, you have used it entirely free. It won't cost you a penny.

FREE BOOK

To get your GUARD 'N GRO system now, mail coupon below. Order now and receive free my 26 page gardening book. It's packed full of tips for year round gardening with the GUARD 'N GRO system. Don't delay. Supplies are limited. Mail the coupon now.

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Please send at once _____ GUARD 'N GRO unit(s) at $22.95 each postpaid with 26 page GARDENING BOOK. If GUARD 'N GRO does not protect my vegetables down to 22 °F this spring, if it doesn't pay for itself many times over in vegetables it provides, then you will refund my money.

SAVE! Order 3 for $59.95, 4 for $75.00.

Expand your GUARD 'N GRO SYSTEM with GUARD 'N GRO Extensions. Each extension is 40" long. Doubles length of each GUARD 'N GRO unit (you can add as many extensions as you like). Also lets you connect GUARD 'N GRO units together to protect your entire garden!

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Portfolio: Dried Flowers & Urns $1.



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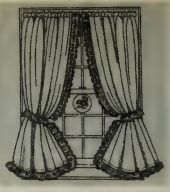
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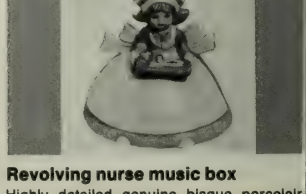
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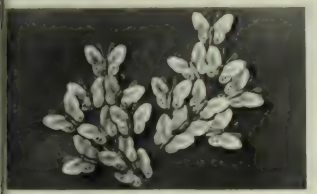
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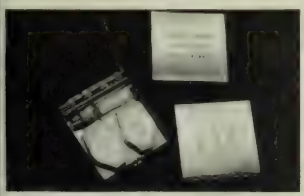
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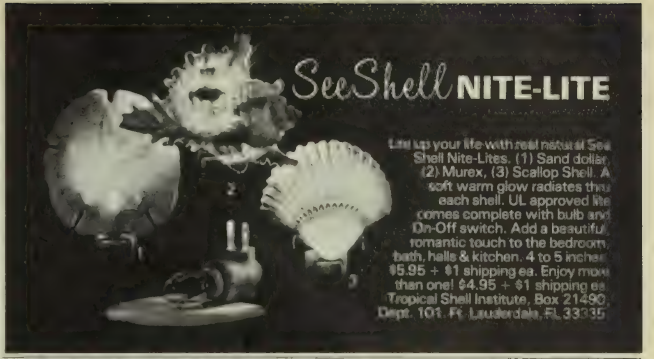
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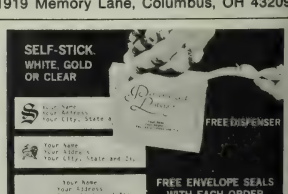
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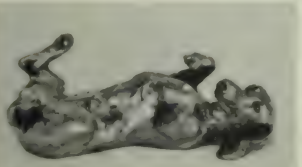
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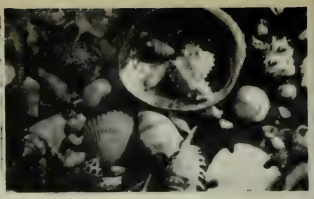
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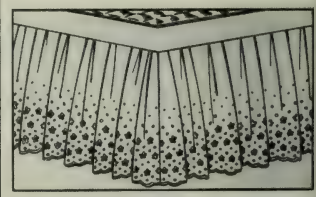
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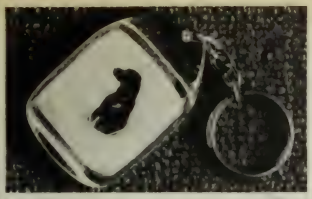
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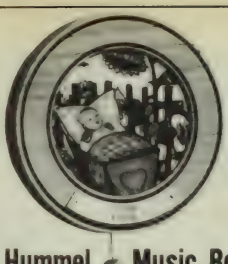
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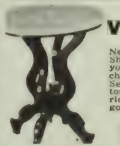


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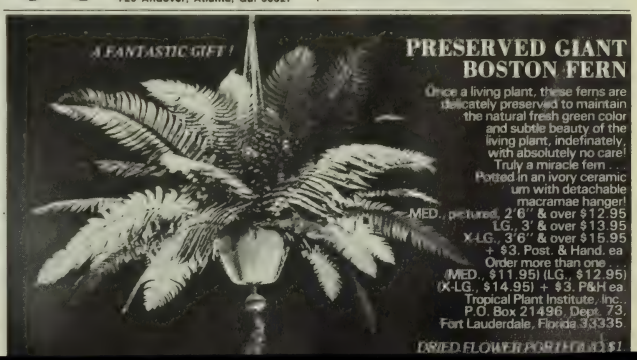


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The Man Next Door®

Aunt Opal called the other evening to report that while she hasn't spotted the first robin of spring, she *has* heard the whine of the first motorbike on the trails behind her apartment complex. The robins, she says, can't be far behind.

The school board has been considering minimum standards for graduation from high school. Bud says he thinks it's enough to be able to read and understand the message on one's own T-shirt.

Dr. Bob Hannelly advises his patients to approach routine tasks such as vacuuming and window washing as if they were a game. Christine says that theory is fine with her, just so long as we remember the games are *team* sports.

"Revelry and life insurance have something in common," points out Uncle Dodd Buckner. "Both get more expensive as you grow older, and there comes a time when both are hard to come by."



"Now, Mr. Van Winkle, there's this matter of 20 years' back taxes . . ."

"A sure way to stay unhappy," the Rev. George Hall preached last Sunday, "is to continually yearn for things that supposedly make you happy."

Judy, 11, has named her cat Doubting Thomas. When it's raining out the front door, he has to be shown it's raining out the back door, too.



"I guess this is the first time we've had water in the attic."

As a prelude to our 30th high school reunion, a couple of classmates took it upon themselves to track down other members of the class and report on what and how they are doing now.

The results of their sleuthing—in the form of a newsletter—arrived the other day, and Christine and I were both struck by an interesting contrast in the report. Most of our classmates reported they are doing just about what Chris and I would have predicted for them 30 years ago.

They hold responsible jobs and positions in their communities, lead stable lives, and report they're reasonably satisfied with their lot in life.

But a much smaller group of classmates are doing things we would never have expected of them. And after 30 years, they not only seem satisfied with their careers, but keenly excited about opportunities still ahead.

Take Brian Murdoch, for example. Everyone expected him to go to law school and join his father's successful legal firm. But Brian passed up law school, worked his way to Australia on a freighter and eventually began an outback charter flight service. His life as a bush pilot was full of excitement. Now, 30 years later, he enthusiastically tells of plans to return to the States and embark on another career—making nature films and travelogues. Brian ended his report by saying that he had never regretted not becoming a lawyer.

"I've always believed that if you want to get real joy and the greatest satisfaction from what you do in life," Brian wrote, "you have to throw caution to the wind at times. Surprisingly, my father told me on several occasions how he envied my life."

Although it was obvious from the reports that each group of class members considered itself most successful, Christine and I couldn't agree on which group was the most successful.

But we did agree to bring the newsletter—with Brian's letter circled—to our children's attention. We think they'll get the message.

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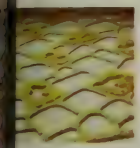
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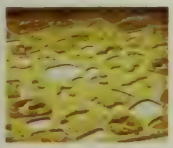


INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

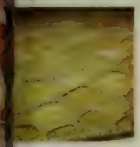
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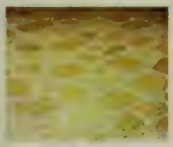
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Better Homes and Gardens®

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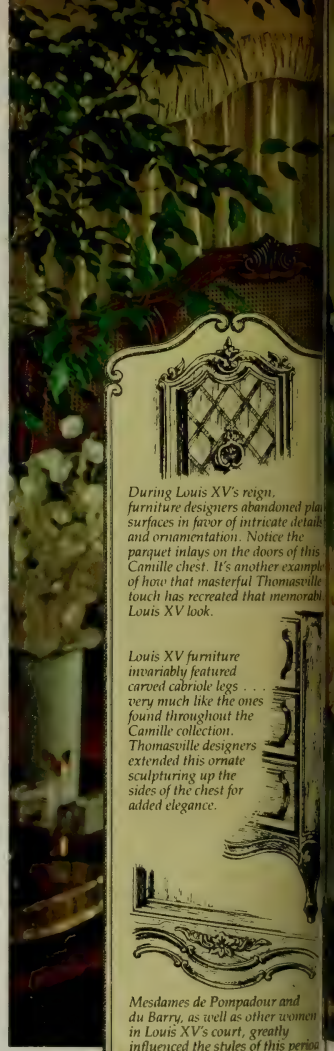
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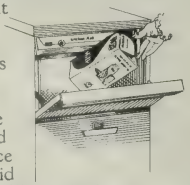
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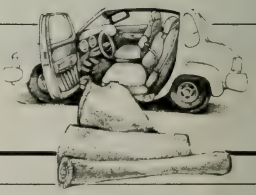
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HOW TO FINANCE YOUR HOME IMPROVEMENTS

Though mortgage money may be tight this spring, you shouldn't have much trouble getting a loan for improving your present home—provided your credit is good. See what your bank or mortgage lender has to offer, but shop other sources as well.

Compare several loans in terms of the true annual percentage rate (APR), extra fees, amounts you can borrow, options on length of time the loan will run, total payback, and monthly payments. The lower the rate and the shorter the time, the less costly the loan (usually). But shortening the time will hike monthly payments. Be sure you can repay from regular cash flow.

● **FHA Title I loans.** The federal government backs these and sets the terms. Banks, savings and loan associations, mutual savings banks, and credit unions all offer them, though some institutions may hesitate when interest rates are high (the lender can get higher rates of return on other kinds of loans). The current government ceiling is 12 percent a year (APR). You can borrow up to $15,000 for up to 15 years; not all lenders allow the maximums.

For any Title I loan over $7,500, you must use your home as collateral. If there is a mortgage on the home, a second lien will be arranged. When your home is used this way as collateral for a loan, the law allows you three days to change your mind and cancel the deal.

● **Conventional loans.** Loans typically are up to $5,000, payable in five to seven years. Rates currently range from ten to 14 percent a year. You might get the lender to expand the amount you can borrow and/or lower the rate if you provide collateral such as securities or real estate. You won't have use of those assets during the loan period, however. Also, if they lose a great deal of value in the market, you may be required to offer additional security for the loan.

● **Refinancing your mortgage.** If you have significant equity in your home, many lenders will rewrite your mortgage to combine the unpaid balance with what you want to borrow now. (The total won't exceed your equity.) The advantages: You can get a sizable amount of money, take a long time to pay off the loan, and keep monthly costs down. The drawbacks: You'll have to repay at current high mortgage rates. You also could face new closing costs.

If your mortgage has an "open-end" clause, your lender may simply extend your present debt up to near your current equity in the house. You'll be spared new closing costs with this kind of deal, but you may have to borrow the new funds—and maybe the whole loan—at current rates.

● **Second mortgages.** Repayment periods are shorter and interest rates higher than for first mortgages. As a result, your monthly costs will be steep during the second-mortgage loan period but you'll pay the loan off faster than with a regular mortgage, and the total cost to you is less.

Consumer finance companies handle much of this business, and banks and savings and loan associations are providing more second-mortgage funds. Interest rates run from 12 to 18 percent (APR). You generally can borrow up to 75 or 80 percent of the equity you have in the home. Payback times run from five to ten years. There usually are initial fees of up to $250 or so for matters such as a title search, but nothing as hefty as the "points" you sometimes need with a first or a refinanced mortgage.

● **Life insurance loans.** Most insurance policies that build up cash values allow you to borrow up to 95 percent of whatever cash value has accrued over the years. Interest rates are set in the policy terms: often five percent in older policies, eight percent in newer ones. You must pay the interest on the loan each year, but you can pay back the principal whenever you choose. However, the face value of the policy is diminished by the amount of the loan outstanding.

● **Passbook loans.** By using your savings account as collateral, you can borrow an amount equal to 90 percent or more of the savings account. Banks, savings institutions, and credit unions are prime dealers in passbook loans.

The rates are low—typically just two or three percent above the current rate you are earning on the savings. Since you continue to earn that interest, your net costs are minimal. You must leave the savings in the account to back up the loan, however. ■

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Home insulation: How to figure the payoff

By now, you've probably caulked and weather-stripped everything in your house that doesn't move, and you've even ordered a glass door for your fireplace. But does the big energy saver—insulation—have you buffaloed? Are you unsure of how much to use, where you need it most, and how long you'll have to wait to get your money back in lower energy bills? Thanks to some new insulation studies, you can get your answers now, simply by plugging figures into some tables.

One of the principal authors of the studies is Arthur Johnson, an architect, executive director of the Insulation Contractors Association of America, and former director of energy conservation for the National Association of Home Builders Research Foundation. While with the NAHB, Johnson helped work out the studies for home builders and for the federal energy agency.

He put together the accompanying tables especially for us. Don't let them intimidate you. They're easy to use; all you need to do is to skim through some examples with us.

The heart of the system is Table A, on page 13. As you can see, it gives individual energy index numbers—let's call them energy numbers—for eight different uses of insulation and two uses of storm windows and doors in the houses of 20 different cities. Also shown under the name of each city is the type of heating and cooling system most commonly used in that region. (Two systems are listed for New York City.)

Start by finding the city nearest your own community. If you're about equidistant from two cities, pick the one you feel has the climate most like your own. (If you're in one of the northwestern states that lie east of the Rockies, simply use Minneapolis. New Englanders can use the Boston figures.)

However, let's assume for the moment that we all live in Cleveland. Like most Clevelanders, we have a home with gas heat. We also have air conditioning. Look down the list of energy numbers for Cleveland in Table A.



You'll see that they differ according to the part of the house to be insulated. Assume further that we want to add insulation to our attic. There are two to three inches of old insulation resting between the ceiling joists, and we know that isn't enough now. But how much *is* enough?

Looking down the Cleveland column, we see that the energy number for ceilings/attics is 2630. Now go to Table B, on page 14. Look down the first column. The second heading applies to us—we have less than three inches of existing insulation. Look across to the right. The columns tell us what the energy numbers have to be to repay the insulation investment in seven years. Let's call them our energy payback numbers.

Note that all but one of the energy payback numbers given in Table B for insulating our attic are lower than the 2630 we found in Table A. Suppose we decided to add R-19 insulation and do the work ourselves. Insulation with an R-19 value, in that case, carries a payback number of 1610. This is just a little more than half the Cleveland energy number of 2630. It means that we'll easily get our investment money back in less than seven years (actually less than five years). We could, in fact, hire the work done and still enjoy a payback period of less than seven years.

The seven-year period is used as a "breakpoint" in the study simply because that's the length of time that Americans historically stay in one house. (If we know we're going to stay in the same home for longer than seven years, we may conclude that a payback period of more than seven years is justified.) Also built into these payback figures are assumptions that the cost of energy will go up ten percent per year, and that the money you take out of savings to pay for the insulation will cost you six percent in lost interest.

To use these tables, remember this simple rule: If the payback number in Table B is *less* than the energy number in Table A, the payback period will be shorter than seven years. If the payback number is *greater* than the energy number, the payback period will be longer.

Let's try another example. It may surprise you. Let's say we live in New York City and have a house with oil heat and air conditioning. We have a solid exterior front door with no glass in it. Would it pay to install a storm door? Of course, you say. Well, let's look. The energy number for storm doors in New York is 3290. Now look at Table B for the corresponding payback number. To add a storm door to a single exterior door without glass in it, the payback number is 5380 if we're going to install it ourselves 8070 if we're going to pay to have it done. Whoops! If we added that storm door and did the job ourselves, we'd have

continued

Drawing: Our Gang

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Betty Brooks



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Kathy Duran



"Impressive. Everybody said Mmmmm, that's good!"
Jackie Delice

Frosty Ambrosia Pie

1 package (3 oz.) cream cheese, softened
2 tablespoons sugar
1/2 cup milk
6 drops yellow food coloring*
3 drops red food coloring*
1/4 orange with peel, seeds removed
1-1/3 cups BAKER'S® ANGEL FLAKE® Coconut
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 8-inch graham cracker crust, prepared

*Optional

Combine cream cheese, sugar, milk, food coloring, orange and coconut in electric blender container. Cover and blend at medium speed for 30 seconds. Fold into whipped topping. Spoon into crust. Freeze until firm, about 4 hours. Let stand at room temperature 5 minutes before cutting, if necessary, for creamier texture. Garnish with orange slices. Store any leftover pie in freezer.

Chocolate Mousse Pie

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
1/3 cup milk
2 tablespoons sugar*
1 package (3 oz.) cream cheese, softened
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 8-inch graham cracker crust, prepared

*For less sweet pie, eliminate sugar.

Heat chocolate and 2 tablespoons of the milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, and beat until smooth. Fold chocolate mixture into whipped topping, blending until smooth. Spoon into crust. Freeze until firm, about 4 hours. Store any leftover pie in freezer.

Creamy Coconut Pie

1 package (3 oz.) cream cheese, softened
2 tablespoons sugar
1/2 cup milk
1-1/3 cups BAKER'S® ANGEL FLAKE® Coconut
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1/2 teaspoon almond extract*
1 8-inch graham cracker crust, prepared

*Optional

Combine cream cheese, sugar, milk and coconut in electric blender container. Cover and blend at medium speed for 30 seconds. Fold into whipped topping, and add extract. Spoon into crust. Freeze until firm, about 4 hours. Sprinkle with additional coconut, toasted, if desired. Let stand at room temperature 5 minutes before cutting, if necessary, for creamier texture. *Store any leftover pie in freezer.

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continued

Figure the payoff

to wait nearly 11 years to recoup our investment, and a staggering 15 years if we hired the work done. Surely we can find a better place to invest our energy money.

Our last example makes a different point. Let's say we live in Minneapolis. Our question is whether—in that colder climate—we ought to have some insulation blown or foamed inside our exterior walls. Notice that in Table A, the column under Minneapolis contains only one energy number—3300. This is because we're assuming air conditioning won't be needed in Minneapolis. Without the radiation variables that occur with air conditioning, we can have a standard energy number that deals with home heating only.

When we go to Table B, we see that the payback number for filling our wall cavity with insulation is 2960. As you can see, we'll get our money back in less than seven years. But even if the period were somewhat longer, we would consider making this investment for one simple reason: comfort. Sitting near a cold wall draws heat from the body. Most of us would rather be comfortable.

If you examine Table A closely, you'll find still another nugget of useful information. The numbers give you a ranking of individual energy improvements in their *approximate* order of importance. To simplify, we've translated this information for you as Table C (page **16**). The top item, adding at least R-19 insulation to an empty attic, has the shortest payback period. Installing a storm door, the bottom item, *generally* has the longest.

These are all *quantifiable* energy improvements—that is, ones that can be measured by engineering data. But isn't it true that the most immediately rewarding thing you can do to save energy is to plug up those air leaks in your home by caulking and weather-stripping? Industry experts agree that's a reasonable assumption. It just can't be proved by industry mathematics. Caulking is one of a list of accepted non-quantifiable energy conservation steps. See Table D (page **16**) for such a list. All of the steps listed are worth considering.

By now, you should have a ready grasp of how to proceed with insu-

continued

OH-Oil heat GH-Gas heat DE-Direct electric AC-Air conditioning

TABLE A

ENERGY INDEX APPLICABLE TO:	New York	New York	Wash., D.C.	Cleveland	Chicago	Atlanta	Miami	Memphis	New Orleans	Minneapolis	Kansas City	Dallas	Denver	Phoenix	Seattle	San Francisco	Los Angeles	Boston	Salt Lake City	Omaha	Albuquerque
	GH & AC	OH & AC	GH & AC	OH & AC	GH & AC	GH & AC	DE & AC	DE & AC	GH & AC	GH	GH & AC	GH & AC	GH	GH & AC	OH	GH	GH & AC	OH & AC	GH & AC	GH & AC	GH & AC
Ceilings/ attics	4490	4670	3410	2630	3170	2200	2410	2160	1850	3300	1920	2070	1610	2170	3480	1160	710	4500	1980	2240	2240
Ducts in attics	5410	5600	4020	2980	3760	2870	3870	2770	2720		2390	2850	1830	3210			870	4860	2350	2560	2680
Exterior frame walls (wood, brick siding)	4260	4440	3260	2550	3020	2040	2050	2010	1630		1800	1880	1550	1910			670	4410	1880	2160	2120
Storm windows or triple glass	3800	3980	2950	2380	2730	1710	1320	1700	1200		1570	1490	1440	1400			600	4230	1700	2010	1900
Storm* doors	3100	3290	2490	2120	2290	1210	230	1250	540		1220	910	1280	620			480	3970	1420	1770	1570
Floors* over vented crawl spaces	3100	3290	2490	2120	2290	1210	230	1250	540		1220	910	1280	620			480	3970	1420	1770	1570
Walls of* unvented crawl spaces	3100	3290	2490	2120	2290	1210	230	1250	540		1220	910	1280	620			480	3970	1420	1770	1570
Ducts in vented crawl spaces	4260	4440	3260	2550	3020	2040	2050	2010	1630		1800	1880	1550	1910			670	4410	1880	2160	2120
Walls of* basements	3100	3290	2490	2120	2290	1210	230	1250	540		1220	910	1280	620			480	3970	1420	1770	1570
Ducts in basements	5410	5600	4020	2980	3760	2870	3870	2770	2720	3300	2380	2850	1830	3210	3480	1160	870	4860	2350	2560	2680

*Energy index is for heating season only—air conditioning effect is negligible



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continued

Home insulation

lating your home on this new, cost-effective basis. However, a big question is likely to arise: Even with the information provided, how can I know what to add if I don't know what I already have? If you've been reading this magazine regularly, you should know the answer already. But if not, let's review very briefly: Make a visual survey. To find out where you need caulking, go outside and look for air spaces—around windows and doors and utility openings. Inside, go to your basement and look for daylight between the foundation wall and the band joist or sill plate. Next, check on attic insulation. If there is no insulation at all, you'll know immediately what you need most. If some exists, a flashlight and ruler will tell you how much is there. To find out what, if anything, is inside your exterior walls, first cut off your electrical service—repeat, turn off the current so you won't shock yourself. Then unscrew the faceplate of an electrical outlet located on the interior of an outside wall. A flashlight and a pair of tongs, a knife, or even large tweezers will quickly help you tell how much, if any, insulation is inside your wall.

(Produced in cooperation with Robert Denny)

continued

TABLE B

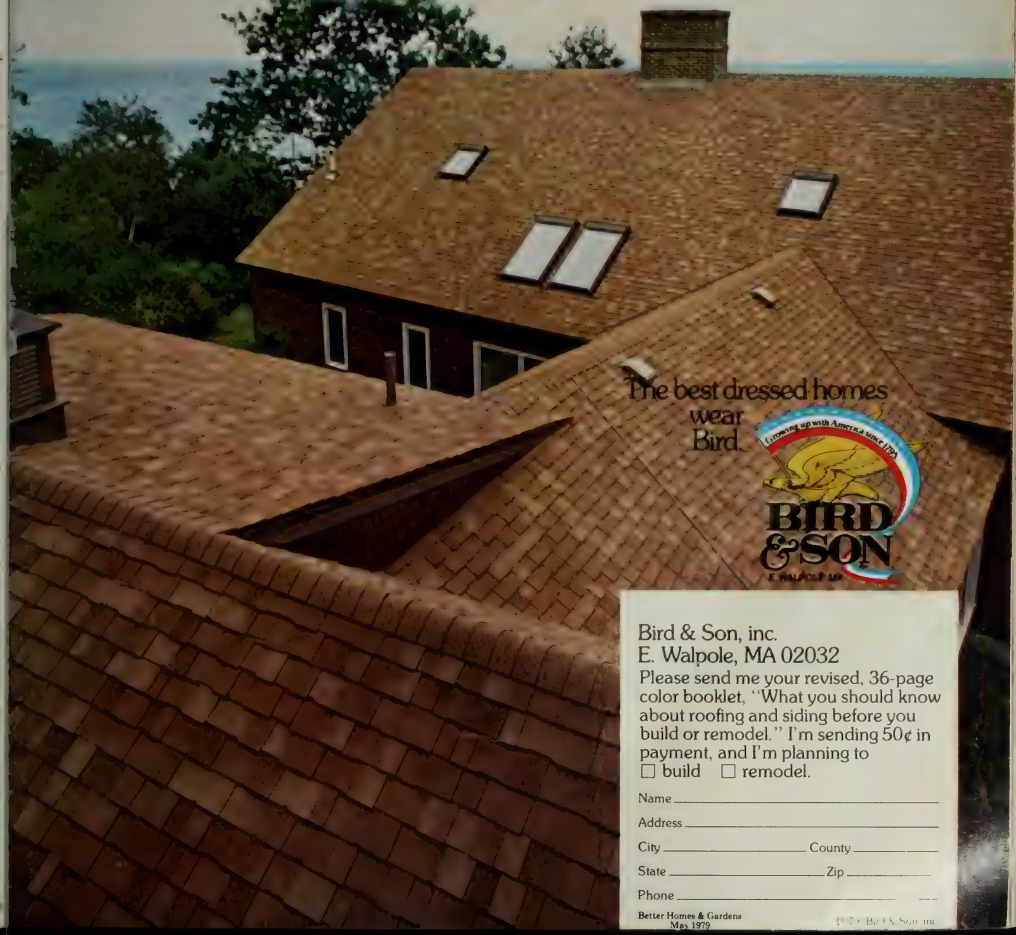
If I have:	And I want to:	For a payback in seven years, I will need an energy index number of at least: If I do it myself	If I contract the work
No existing ceiling insulation	Add R-19 ceiling insulation	310	500
	Add R-30 ceiling insulation	390	630
Less than 3" of existing ceiling insulation	Add R-11 ceiling insulation	1340	2150
	Add R-19 ceiling insulation	1610	2580
	Add R-30 ceiling insulation	2120	3400
1" attic duct insulation	Add additional 1" duct insulation	1210	2420
More than 1" duct insulation	Add additional 1" duct insulation	2240	4480
Uninsulated exterior walls	Fill cavity with blown or foamed insulation	No	2960
Single exterior windows	Add storm windows	1930	2890
Double (insulating glass) windows	Add storm windows	3520	5270
Single exterior doors with glass	Add storm doors	3750	5360
Single exterior doors without glass	Add storm doors	5360	8070
Floors over vented crawl spaces with no floor insulation	Add R-11 floor insulation	830	1330
	Add R-19 floor insulation	2220	3560
Unvented crawl spaces—no wall or floor insulation	Add R-11 wall insulation	1740	2790
	Add R-19 wall insulation	4510	7220
Uninsulated ducts in vented crawl spaces	Add 1" duct insulation	3030	6050
	Add 2" duct insulation	3580	7160
Bare basement walls two feet or more above exterior grade	Add R-3 wall insulation	1730	2590
	Add R-11 wall insulation	3860	5780
Uninsulated ducts in basements	Add 1" duct insulation	2200	4400
	Add 2" duct insulation	2580	5160

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continued

Home insulation

TABLE C
Big energy savers: How they rank in importance

1—Add at least R-19 insulation to empty attics.
2—Add at least R-11 insulation to uninsulated floors over ventilated crawl spaces.
3—Add at least R-11 insulation to minimally (less than 3″ existing) insulated attics.
4—Add an additional inch to existing attic duct insulation.
5—Add insulation to exterior walls of uninsulated *and unvented* crawl spaces.
6—Add storm windows to existing single pane windows.
7—Insulate exterior basement walls.
8—Insulate bare metal basement ducts.
9—Insulate empty exterior walls (use a qualified contractor).
10—Insulate bare metal ducts in *vented* crawl spaces.
11—Add storm windows to existing double pane (insulating glass) windows.
12—Add storm doors.

TABLE D
Other energy savers for existing homes

—Day/night clock thermostat.
—Caulk all exterior holes and cracks.
—Weather-strip windows.
—Weather-strip doors with a tight-fitting floor threshold.
—Set back water heater to 120-125° F.
—Add water heater insulation jacket.
—Check air leaks at attic scuttle (access panel).
—Tape joints of ducts.
—Check for adequate attic ventilation.
—Make sure furnace/air conditioning equipment is in good shape.
—Install low-volume shower heads.
—Replace worn-out air conditioning equipment with energy-efficient (high EER) unit.
—Replace incandescent with fluorescent lighting.
—Consider a heat pump to replace worn-out heating and cooling equipment.
—Consider a vestibule when remodeling in colder climates.
—Consider shading east and west glass with awnings or by other means.
—Add pipe insulation to domestic heating or hot water lines.

For additional information, order any of the following publications offered by government agencies. Addresses and costs, if any, are shown below.

From Superintendent of Documents, Govt. Printing Office, Washington, D.C. 20402. *In the Bank . . . Or Up the Chimney* ($1.70).

From U.S. Department of Energy, Administrative Services Distribution, Washington, D.C. 20585: *Energy Conservation Checklist for Builders and Buyers* (free); *Energy Conservation with Windows* (free); *Heat Pumps* (free); *How to Save Money by Insulating Your Home* (free); *How to Understand Your Utility Bill* (free); *Insulation* (free); *Tips for Energy Savers* (free).

From Technical Information Center, P.O. Box 62, Oak Ridge, Tennessee 37830: *Energy Savings Through Automatic Controls* (free); *How to Improve the Efficiency of Your Oil-Fired Furnace* (free); *Insulate Your Water Heater and Save Energy* (free). ■

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The idea didn't go over very well, but Mrs. Bartels did



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Schools: Where does the gifted child fit in?



• At 13, Brad was an electronics wizard, but he didn't care much for spelling. To get it out of the way of more interesting work, he built a computer that could store several weeks' worth of spelling assignments. His mother wasn't surprised by his unusual abilities; even when he was three, she recalled, he'd preferred *Newsweek* to picture books.

• Jeremy's abilities also were apparent early. In grade school, he designed a caricature mascot for his class. A couple of years later, he drew the cover illustration that appeared on most of his state's new phone books.

• After only one year of French, Angela had achieved a surprising mastery of the language. In statewide exams, the nine-year-old outscored 95 percent of high school first-year French students.

These youngsters are lucky, and not just because of their obvious gifts and talents. They're lucky because their abilities were recognized early, and they were enrolled in a special school program for exceptionally talented youngsters. What about your child?

No one can say for certain whether Brad would have built his computer without the encouragement he received as a gifted student, or to what extent Jeremy's artistic abilities were nurtured in the special program. However, most authorities who work with gifted children argue that exceptional children need help in school if they are to develop their extraordinary abilities to the fullest.

Paradoxically, among all exceptional

continued

Drawing: Hellman Design

IS YOUR CHILD GIFTED?

You won't find all the characteristics listed below in every exceptionally able child. But if you've seen several of them in your youngster, he or she may be gifted.

• Early development. Most gifted children talk early, and their vocabularies are more advanced and descriptive than their peers'. About half learn to read, usually teaching themselves, before they start school. A child whose behavior is two years ahead of the norm may be gifted.

• Long attention span. The child's concentration may be so intense that it resists interruption, or the child may appear to daydream. Gifted youngsters tend to be persistent, to know what they want, and to refuse to be distracted from reaching their goals.

• Superb observational skills. An alert two-year-old might remember which of his ten blocks is missing. Or a creative child might observe that the piece of meat he's about to eat looks like Alaska.

• Advanced reasoning skills. The gifted youngster usually can understand complex concepts and relationships. For example, a disagreement about simple household chores may drag on as the child spins his logical explanation of why he didn't do what he was supposed to do.

• Questioning mind. A gifted child usually asks penetrating questions and demands responses. Many questions reflect an intense curiosity: If you can feel the wind, why can't you see it? Why do people have to grow old?

• Interest in structure and order. Gifted children may like objects or ideas that are consistent: number systems, clocks, calendars. Gifted youngsters may be highly skilled at taking things apart and putting them together.

• Imagination. A gifted child may be the leader in "let's pretend" games. He or she is likely to have an imaginary playmate and to see toy cars alternately as football players, mountain climbers, or superheroes.

• High energy and restlessness. The child's mind won't quit, even when the body needs to sleep.

• Unusual talents. Children gifted in specific areas generally display their talents and interests early.

continued

Schools and the gifted child

children, the gifted and talented probably have been least likely to get help. While federal law requires schools to provide special services to handicapped children, similar special programs for the gifted are mandated in only a few states.

Dr. Dorothy Sisk, director of the U.S. Office of Gifted and Talented, estimates that only 12 percent of school-age gifted children get any sort of special help.

America has traditionally had "a love-hate relationship with giftedness and talent," according to Dr. James K. Gallagher, director of the Frank Porter Graham Child Development Center at the University of North Carolina. "On the one hand, we revere the achiever," he says. "At the same time, we have major concerns about subverting egalitarianism. We worry lest someone should get any more than anyone else."

Fortunately for America's 2.5 million school-age gifted children, that attitude is changing. As a result of legislation passed by Congress last fall, education of the gifted no longer is regarded as a "special project," but is recognized as a bona fide program under the Elementary and Secondary Education Act. The federal Office of Gifted and Talented was given $3.78 million to spend in fiscal 1979—50 percent more than in fiscal year 1978. The legislation authorized expenditures that could reach $50 million by 1983. Most of the funds are to be channeled through the states to local school systems.

The case for special programs

Parental pressure and renewed concern for excellence in all areas of education are two reasons for the increased interest in gifted children. A third is the growing amount of research spelling out the enormous costs of ignoring giftedness in the young.

A study in one Midwestern state, for example, showed that 17.6 percent of gifted youngsters dropped out of school—apparently frustrated by the lack of programs that would challenge their abilities. Other studies show that many students labeled as class troublemakers are gifted children who are bored by the curriculum and not willing to conform.

Even among those gifted children who get along reasonably well in school, the consequences of missed potential are troublesome. If unchallenged, a gifted youngster will often function far below his or her capability. More disturbingly, several studies show that special abilities—like muscles—waste away if not used.

Who are the gifted children?

Perhaps your image of a gifted child is the classmate who got A's in the physics course you struggled to pass. But you're only partly right.

The new federal legislation defines a gifted or talented child as one whose abilities—intellectual, creative, in leadership, in visual or performing arts, or in specific academic areas—are so advanced that the child requires "services and activities not ordinarily provided by the school."

"We're not talking about just the bright or talented student who is working at top capacity and gets A's or excels creatively in a class of age peers," says Dr. Sisk. "We're talking about youngsters whose potential is several years ahead of their classmates'. That's a very small number of youngsters—from three to five out of every 100—whose strengths are such that the teacher will need assistance in meeting their needs."

Dr. Sisk believes the percentage of youngsters spotted as gifted or talented will rise as educators become more adept in identifying such youngsters in bilingual and minority groups. Indeed, many state laws estimate that ten percent of students fall into the gifted and talented category.

Who decides a child is gifted?

Parents or teachers frequently point out children who appear to be unusually talented. Or the youngsters are identified through scores on group intelligence, achievement, or aptitude measurement tests.

For a youngster to be placed in a program for the gifted, individual testing is usually required. Three types of

continued

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continued

Schools and the gifted child

tests are popular—those which measure logical thinking (traditional IQ tests), newer instruments that measure creative thinking abilities, and tests to diagnose specific gifts in such subjects as math or science.

Leadership skills are often best diagnosed by skillful observation, while judgments regarding talent in the arts are usually made by experts in the specific arts.

What are schools doing for the gifted?

Almost everyone agrees there's a need for special programs for gifted and talented students, but opinions differ as to what types of programs are best. Here are some commonly applied approaches.

1. Resource centers. Special sections in the school library are equipped with "enriched" materials designed to stretch a gifted youngster's interests and abilities. The regular school curriculum might be extended to include a rocketry project that a gifted youngster could work on while classmates study basic science.

2. Circuit-riding teachers. A specialist travels among several schools, prescribing "enrichment" activities for the gifted children at each school.

3. Special classes outside school. In a New Jersey school system, 50 "enriched" courses are offered on Saturdays to children identified as gifted or talented.

4. Summer programs. Live-in or daytime programs, often at nearby universities, offer in-depth experiences to gifted children in areas of their special talents, such as dance, and in particular academic disciplines.

5. "Mentorships." Gifted students are given the opportunity to work in professional fields under the guidance of experts. The counseling and inspiration provided by the mentors are as important as the work.

6. Special classes or schools. Gifted children from a large area may be grouped in special classes or schools where the approach to learning is "enriched" and accelerated, and freer than in other classrooms.

continued

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continued

Schools and the gifted child

7. Advanced placement. Talented high school students who have completed the high school curriculum a year or two early may attend college part-time and earn credit.

8. Subject matter acceleration. A gifted and talented first-grader might be allowed to read with the third-grade class and sing with the fifth-grade chorus, while remaining with age peers for other subjects. A program pioneered by Johns Hopkins University offers accelerated summer and Saturday math classes to gifted math students. Some seventh-graders, with just two hours' instruction a week, have learned four years of advanced math in 13 months.

9. Grade skipping. While some people believe that skipping a grade is psychologically dangerous, most research indicates otherwise. Authorities like William George, Associate Director of the Study for Mathematically Precocious Youth at Johns Hopkins, argue that it's often more harmful to retard an intellectually advanced child by requiring him to remain with age peers than it is to place the child where he belongs intellectually. Grade skipping works best when the child is eager for the move and when the jump is made to a new school, according to George. The preferred grades to skip generally are kindergarten, sixth grade in a K-6 school, ninth grade in junior high, and the senior year in high school.

Will special programs distort your child's education?

Some people fear programs for the gifted that concentrate on the areas of special gifts will develop "lopsided" children unable to compete in the real world. Again the facts overwhelmingly indicate that just the opposite is usually the case. The gifted child in a special program not only is likely to learn more, but to adjust to the surrounding world better. The child is less likely to feel different and more likely to develop confidence in himself and his special abilities.

Many studies have challenged the stereotyped picture of gifted children as interested in few things other than books. Since 1921, Stanford University researchers have kept close watch on 1,500 gifted children in California. As youngsters, they were not only brighter than so-called average children, but were on the whole bigger and stronger; they matured faster and were better adjusted and more concerned about ethics. Most of the gifted children developed into highly successful and happy adults who outperformed their peers even into retirement.

What problems do gifted children have?

They vary, of course. But it's important to be alert to the special kinds of problems gifted children face and to look for specific ways to help. And remember—while these problems are more common to the gifted, average children experience similar problems sometimes. The advice given applies, generally, to both groups.

- Often gifted youngsters are perfectionists who have a difficult time tolerating an imperfect world. (For example, a five-year-old with outstanding musical abilities puzzled his mother when he refused to sing along in kindergarten. Apparently the Autoharp was out of tune, and everyone was singing off-key.) In such cases your goal as the parent should be to see that your gifted child learns to adjust to the world's quirks without giving up his or her special spark.
- Gifted children sometimes have a hard time accepting imperfection in themselves. Youngsters used to getting top grades with little effort may become frustrated when success doesn't come easily. They may refuse to participate in sports or art, for example, if their performance is mediocre. You can help by trying to teach your child the value of failure, as well as success.
- Because gifted children are frequently idealistic and sensitive, they may insist on answers to uncomfortable questions regarding morality, death, religion, and other subjects at an early age. Although you might find some of the questions disturbing, it's important not to discourage your child's critical thinking.
- You also may have to deal with sibling rivalry, particularly when your

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continued

Schools and the gifted child

gifted child starts outperforming a brother or sister who's a year or two older. Dr. Sisk advises parents to minimize competition by stimulating separate interests and skills for each child early in life.

● Recent research indicates that at certain ages gifted girls may have some special problems. They're apparently more inclined than boys to hide their abilities and to worry about peer acceptance. The girls' achievements also tend to decline as they grow older. A successful role model—a woman who is comfortable about her own talents and successes—plus good counseling may help your daughter understand that she can develop her abilities without sacrificing social acceptance.

How can you nurture giftedness?

No one claims that a doting parent can nurture abilities that don't exist. But it's generally believed that a stimulating home, where enrichment begins early and learning is valued, helps innate abilities blossom to their fullest. Conversely, a poor home environment may cause special abilities to wither.

If you suspect your child is gifted or talented, it's important to be supportive and encourage development of his or her talents, says John Grossi, who is an education specialist for the gifted and talented with the Council of Exceptional Children. Sometimes well-meaning parents, wary of over-pressuring and fearful that the child won't "fit in" at school, do just the opposite.

As long as the motivation comes from within the children, it's OK to let talented youngsters accomplish as much as they can when they want to, says Grossi. That's true even if it means that a five-year-old will be entering school with fairly advanced reading skills or that an older child may know more about computers than the school can teach. It may be damaging to insist that gifted youngsters wait until they're older to learn what they're ready and eager to tackle.

Even in very good school situations, you'll need to supplement your gifted child's education, says Grossi. Exposure to museums, dance performances, art shows, planetariums, concerts, and other enriching experiences give the gifted (and the "average") child an opportunity to expand the mind. Grossi also recommends a well-stocked home library and limits on television watching.

Hobbies that offer the gifted child a chance to explore a particular interest in depth should be encouraged, particularly when they foster friendships with like-minded children. You might arrange for your gifted child to get together regularly with other gifted youngsters who are interested in astronomy or gerbils, for example. The age of the participants is less important than the shared interest; gifted youngsters tend to form friendships with others who are not their chronological peers.

If your gifted child shows an intense interest and unusual ability in a particular field over a long period, you may want to bring in an expert who could motivate and counsel the child. Career guidance may be in order for a youngster who has many talents and can't decide which to pursue.

What about school?

If you suspect your child is gifted, inform school personnel and work with them to make special arrangements for the child's education. The place to start is the teacher. An individual program of independent study or some form of educational acceleration may be arranged.

If the teacher is unwilling or unable to do anything, you may have to work up the administrative ladder to get help. The principal is the logical next step. A school counselor also may be helpful.

At this point, you may have to offer proof of your child's unusual abilities. If the school district won't arrange individual testing, you may have to have it done at a nearby university or mental health clinic.

Beyond that, your best chances for success may require the help of other parents of gifted children. Consider forming a parents' association to conduct seminars, lobby for programs, and generally act as advocates for the gifted and talented.

Meanwhile, you'll probably want to make a special effort to see that your gifted child gets help elsewhere if he's missing it in school. Universities or fine arts centers in your community may offer special classes that your youngster would find stimulating. By trading expertise with other parents of the gifted, you may even be able to arrange your own Saturday morning programs. You might consider having the child work with a mentor—not just a tutor, but someone who is an expert in his or her field or shares a special interest with the child.

"If the family unit is strong enough to support the child and give him a warm, nurturing environment, then he can take a lot of punishment during the day," counsels Grossi.

For more information

● Contact the consultant for the gifted in your state department of education for information about programs for the gifted in your state.

● Write The Council for Exceptional Children for fact sheets on the gifted, suggested readings for parents, and the names of state gifted consultants. Address requests to: Gifted Packet, Council for Exceptional Children/ERIC Clearinghouse on Handicapped and Gifted Children, 1920 Association Drive, Reston, Virginia 22091.

● For information and a bibliography, send a stamped (54 cents), self-addressed, 7x10-inch envelope to National State Leadership Training Institute for Gifted and Talented, 316 W. Second Street, Los Angeles, California 90012.

● Write the National Association for Gifted Children, 217 Gregory Drive, Hot Springs, Arkansas 71901 about programs, memberships, and subscriptions to *The Gifted Child Quarterly*.

● Get fact sheets on giftedness from the American Association for Gifted Children, 15 Gramercy Park, New York, New York 10003.

● Check out a new magazine, *G/C/T (Gifted/Creative/Talented)*, designed for gifted children, parents, and teachers. Practical application, rather than research, is the focus. New subscriptions cost $11.25. For information, write G/C/T Publishing Company, Box 66654, Mobile, Alabama 36606.

● Look into *Roeper Review*, a new quarterly journal about the gifted. Subscriptions cost $8. For information: Roeper Review, 2190 N. Woodward, Bloomfield Hills, Michigan 48013. ■

—Barbara Mantz

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Showcase walls

When you want to show off treasured art and collectibles, don't hesitate to "think big." If you stick to a broad overall theme and plan your layout in advance, your wall display can be a dramatic focal point, like one of these.

Rather than being scattered willy-nilly around the house, this fascinating collection of Americana is grouped on a living room wall for maximum impact. Antique prints, authentic reproductions, and collectibles are framed in a variety of ways for visual interest.



Photograph: William Hopkins. Design: Donna Martin. Source: Maxine Schweiker

The homeowner's love of nature is evident in this stunning floor-to-ceiling art wall. Most of the original shelves (built for books) in this home study were removed; the recessed spaces that remained house a large number of pieces without clutter. A subtle soft gray background framed in white enhances the display. ■



Photograph: John Rogers. Design: Frederick Merrill, Jr. Source: Sims/Magazzine



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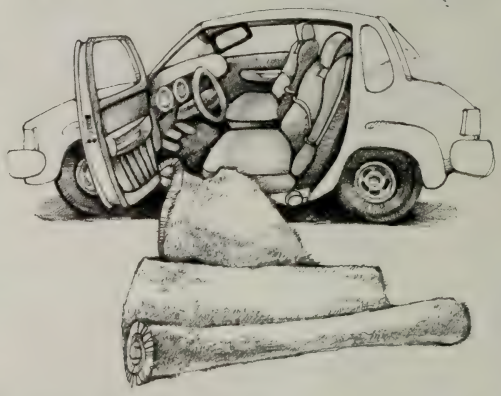


Kirsch

CARS Kim Garretson

How to replace your car's carpeting

Spills of all sorts and hundreds of shuffling shoes depositing dirt and moisture are tough on car carpeting; even floor mats can't protect all of it. And worn carpeting can make your family chariot look like a candidate for early retirement. The only way to turn the car's interior from shabby back to showy is to replace that sad-looking stuff. Here's how to have replacement carpeting installed. We've also included a step-by-step guide in case you want to do the job yourself.



What's available?

You can choose one of three types of replacement carpeting: preformed, precut, or cut-it-yourself broadloom. *Preformed carpeting* is like a replacement part for the engine—the carpeting is a duplicate of the original. The pieces are cut and molded to fit around the seat, over the humps, and into the floor wells, so installation is easy. And preformed usually is backed with a substance that pads the carpeting and helps it adhere to the floorboards. *Precut carpeting* will fit your car with little or no trimming, but it's not molded or padded. You or the installer probably will have to lay padding first, then use special care and materials to ensure a proper fit. *Broadloom carpeting* is home carpeting you cut to fit your car; this is the least expensive option, but the one involving the most work. However, you may find styles that aren't available in preformed or precut, and most broadloom is thick enough to make padding unnecessary.

Where to go

An auto dealer selling your make of car can replace your worn carpeting with either preformed or precut carpeting. You may also be able to buy just the carpeting and install it yourself; check with several dealers to see if one offers this money-saving option.

You'll probably pay a dealer up to $125 for precut carpeting and installation, depending on the size of your car. The price can be higher if you select a plush-pile carpeting. Installation charges represent about 25 percent of the total, and there may also be a hidden "cut" for the dealer if he sublets the job to an upholsterer or automotive trim shop. Ask the dealer if he uses this system; if he does, you may wish to get a quote directly from one or more automotive upholsterer shops.

Preformed carpeting and installation can cost up to $200 at a dealer's. And remember the carpeting—like any replacement part—will be ordered, so there may be some waiting involved.

Buying by mail order

Precut and automotive broadloom replacement carpeting for do-it-yourself installation also is available from automotive direct mail catalogs. The *J. C. Whitney* catalog (available at many newsstands) offers probably the widest selection. Prices for padded custom-fit carpeting range from $40 to $60; cut-it-yourself carpeting sells for $10 to $13 per square yard.

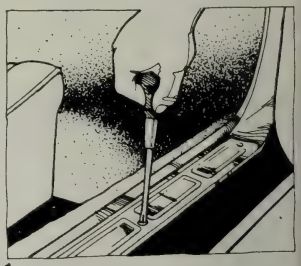
The cut-it-yourself option

You probably can get the lowest price and best selection by buying carpeting from a carpet store for cutting and installing yourself. You may even find a high-quality, reduced-price remnant that will dramatically improve the car's interior. The carpet salesperson should be able to take measurements and tell you how much carpeting you need.

Removing the old

If you're going to tackle the installation of any of the three types of carpeting yourself, the obvious first step is removing the old carpeting. You can cut, pry, or tear the old carpeting at will if you're installing cut-to-fit pieces. But if you're going to cut new carpeting, take care to keep the old carpeting intact so you can use it as a pattern.

First remove the screws from the seal plates just inside the doors (*step 1*). Next, remove the nuts or bolts that



1

hold down the front seat or seats. Slide the seat all the way forward, then all the way back, to get the best angles for removing these bolts. If your car has shoulder harness seat belts that run through channels attached to the seat sides, unscrew these channels from the seat. When the front seat is free, lift it and the back seat out of the car.

Now, start to pull the carpeting down and out of the kick panels along the edges (*step 2*). Loosen screws in the

continued

Drawing: Hellman Design

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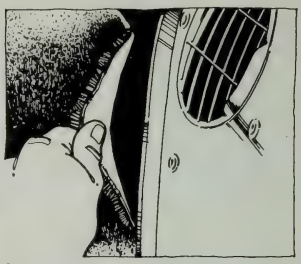
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continued

Replace your car's carpeting



2

kick panels if the carpeting won't come out easily. Work the carpeting up and over or around seat belt holders, front console, dimmer switch, and other obstacles (make a slit to the edge of the carpeting if it encircles any of these parts). Pull slowly and smoothly on parts of the carpeting that are glued down, trying not to rip it if you need it for a pattern. When all the carpeting is removed, pull or scrape out any old padding and discard it.

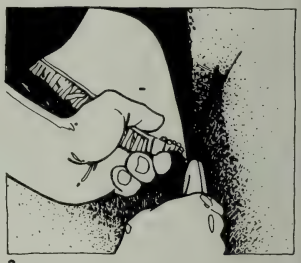
If the floorboard is dirty or shows signs of rust, clean it thoroughly and remove the rust before laying the new carpeting. And if much bare metal is exposed, apply a coat of rust-preventing paint to the floor.

Cutting new carpeting

If you're going to cut new carpet pieces, position the old carpeting over the new material and flatten it with weights. With a carpet knife or single-edge razor blade cutter, cut the outline first, leaving a ¾- to one-inch margin around the leading edge so you end up with a piece that's slightly larger than necessary. Try to be precise when cutting holes for the dimmer switch, seat belt connectors, and other obstacles from the old pattern. Make cuts a little smaller than necessary to avoid having to fill in too-large or off-center holes and to allow for final trimming during installation.

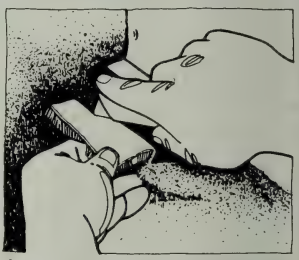
Installing new carpeting

Position the new carpeting in your car. If it's precut or cut-it-yourself, center the carpeting over the hump, smooth it toward the sides, and then toward the front and rear. Position weights to keep the carpeting pressed against the hump and floor wells, around seat and seat belt connectors, over the dimmer switch, and up around corners. If the carpet buckles, slit the



3

carpeting the length of the buckle in the corner nearest the buckle (*step 3*), overlap the two sides of the slit until the buckle is gone, and trim away the excess until the two sides butt together. Once you're satisfied with the carpeting's overall initial fit, start trimming away the excess to fit the carpeting snugly around floor obstacles, then



4

trim the outside edge of the carpeting so it can be easily tucked under kick panels and seal plates (*step 4*).

Securing the carpeting

To prevent carpeting from shifting when it's in use, spread contact cement on the carpeting and floor (following label directions) in these critical areas: the center and sides of the hump, the curved areas around floor wells, under the dashboard, behind the brake and accelerator pedals, under slits that eliminated a buckle, and on the leading edge of carpeting that will be tucked under kick panels. When the carpet is glued in place, reinstall the seats, shoulder belt channels, and seal plates. ■

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Offer available only to persons over 21 years of age. Offer good in U.S.A. only, except where prohibited, licensed or taxed. Offer good until October 31, 1979, or while supply lasts. Please allow 6 to 8 weeks for delivery.

BHG

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Lights: 12 mg "tar," 0.8 mg nicotine—Kings: 17 mg "tar," 1.0 mg nicotine—100's: 18 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Before you remodel...

KNOW WHAT'S UNDER THE SKIN

BY DAVID HAUPERT

As you deftly raise your crowbar to tear into your kitchen wall, you have one thing in common with a surgeon about to operate: You'll both do a heck of a lot better if you know what's inside.

Our cutaway model on these pages will give you a good idea of what's probably lurking behind your floors, walls, and ceilings. So take a trip through our example, and avoid those wonderful little surprises that make a tough job out of an easy one.



OUTSIDE

The roofs of some newer homes are supported by a **1** truss system like this one; it transfers all of the roof weight to the outside walls and makes internal support walls unnecessary. However, most older homes—and many new ones, too—have a rafter system consisting of **2** rafters (usually 2x4s or 2x6s) that meet at a **3** ridgeboard at top and rest at the bottom end on the **4** double top plate. Spanning the ceiling are **5** crossties (usually 2x8s), which also serve as the joists to which your finished ceiling is nailed. If you're considering removing the joists so you can open your room to the roof rafters, ask a pro to advise you.

The skin on top of the trusses or rafters varies by the age of the house and the region of the country. New homes with asphalt shingles start out with **6** plywood sheathing, followed by saturated felt paper and the shingles. On older homes you'll find individual boards instead of the plywood. Some roofers—especially in the warmer states—nail cedar shakes on top of **7** boards spaced about ¾ inch apart; felt paper is interleafed between the courses of shakes. Windows will have **8** headers above them and **9** short "cripple" studs below them; doors just have **10** headers supported by floor-to-header cripples. (Headers are sometimes a sandwich of plywood and 2x12s, as shown, and sometimes a 2x6 sandwich with "cripple" studs between the 2x6s and the top plates.) In both cases, the headers absorb downward forces (when present) and redistribute them to the wall below. The standard **11** wall stud is usually a 2x4 that stands on top of a **12** single toeplate (also usually a 2x4). Older homes have **13** corner braces to increase stability. But **14** plywood panels do the same job at corners of newer homes. The rest of the exterior is sheathed usually by **15** fiber panels. Some homes being built today have a layer of insulation panels between the sheathing and the **16** siding. Also common in older homes are **17** fire stops (2x4 crosspieces between wall studs). Even some new homes have stops, and they can be real headaches if you're trying to fish wiring or pump insulation into the stud cavities.



INSIDE

In most older homes, the floor sheathing—the first sub-layer nailed to the **18** floor joists—is **19** shiplapped 1x6s, laid across the joists—sometimes diagonally. Newer floors are sheathed with **20** plywood. Before **21** drywall was invented, the interior walls and ceilings in most homes were plaster over three types of backings—**22** lath, wire mesh, or rock-lath. If your house has a **23** suspension beam, it's partially shoring up the floor joists above it. The beam is supported by the foundation walls at each end; for extra long spans, intermediate posts are needed. You'll often find a **24** load-bearing wall directly above the beam. To find out if an interior wall is load-bearing, check the **25** ceiling joists above it; if they run perpendicular to the wall and rest on it—usually overlapping—the wall acts as an intermediate support. To remove all or part of the wall, you'll have to replace its load-bearing characteristics with a beam or header system; ask a professional to help you. And before you get too serious about shuffling walls, be sure to plan how you're going to re-route the wiring, ductwork, and pipes that may be hiding beneath the surface.

Photograph: Mike Dieter. Model: Dane Art

WHAT YOU CAN DO WITH A HOUSE LIKE THIS

CREATE BIG SPACES IN A TINY COTTAGE

BY CHERYL SCOTT



Like many other houses of its vintage, this 40-year-old bungalow was a maze of tiny rooms. To make the house more livable, walls were removed and ceilings opened up to the roof line. Now, when you step inside, you see the soaring spaces and comfortable flow of rooms you'd expect to find in a much larger home.

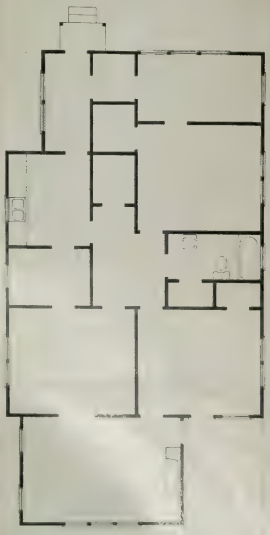
Use the "before" and "after" plans, *below,* to orient yourself. We've built in walls on the "after" plan to demonstrate where structural changes were made.

Minimal changes were made on the bungalow's exterior, *above.* Old clapboard was re-sided with redwood shingles, and outside corners of the house were trimmed with 1x2s and 1x4s. Bright white casings trim the big 4x9-foot fixed glass section that replaced a series of small windows at the front of the house.

When the wall that separated the old living and dining spaces came tumbling down and the old eight-foot ceiling was removed, the living room, *right,* began to take on its dramatic look. The open-tread stairway to the attic loft, and the mirrored wall at the end of the new L-shaped living area, add to the spacious feeling.

The remodeling reflects the owners' interest in entertaining, too. Near the game table, there's a built-in buffet that stores bar accessories and the family's supply of board games. When there's a dinner party, guests can move easily from this cocktails-and-hors-d'oeuvres area to the dining room. (Check the floor plans to see how the kitchen was revamped, too.)

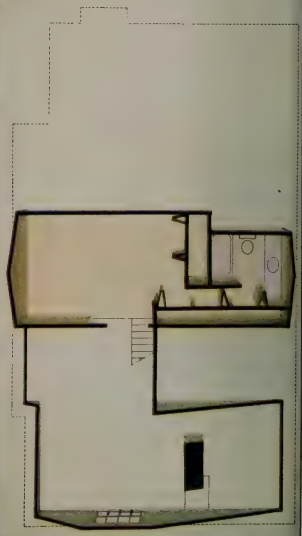
BEFORE



AFTER 1ST STORY



AFTER 2ND STORY



Designer: Dan Nelson, ASID. Source: Bur[illegible] Media Magazine. Model: Dane Art



Photographs: Bill Hedrich, Hedrich/Blessing. Architect: J. Harvey Richey

CREATE BIG SPACES IN A TINY COTTAGE

The owners blended their appreciation of both traditional and contemporary design. Antique Oriental area rugs and restored hardwood floors are a graceful background for the family's leather, glass, and chrome furnishings. A heavily carved wood and marble fireplace, *right,* creates a cozy living room corner and provides a foil for the mirrored wall at the opposite end of the room, *below.*

Three old porches became year-round living spaces as a result of this remodeling. The foyer, visible beyond the fireplace, was created by enclosing the old front porch. Removing the porch ceiling to reveal the roof line produced a dramatic entrance.

A pair of rear porches formed the master bedroom suite, *opposite, left.*











Sliding glass doors open from the sitting area to a deck and backyard gardens.

The owners finished off their attic as a combination home office and guest quarters, *top and right above*. At the top of the stairs, a small dormer provides sufficient headspace for safe entry to the new attic loft. The underside of the roof deck was insulated, of course, before the drywall was applied.

Buying information, page 184.

WHAT YOU CAN DO WITH A HOUSE LIKE THIS

RECYCLE A 1920s STORY-AND-A-HALF



BY CAROLANN SHINDELAR

A half-century ago the small rooms and strictly defined spaces of this house served its owners well. Most houses had small rooms back then—and most rooms were used for a single purpose. But the new buyers of this house wanted expansive spaces and multipurpose rooms. To get them, they rebuilt their home's interior from scratch with these spectacular results.

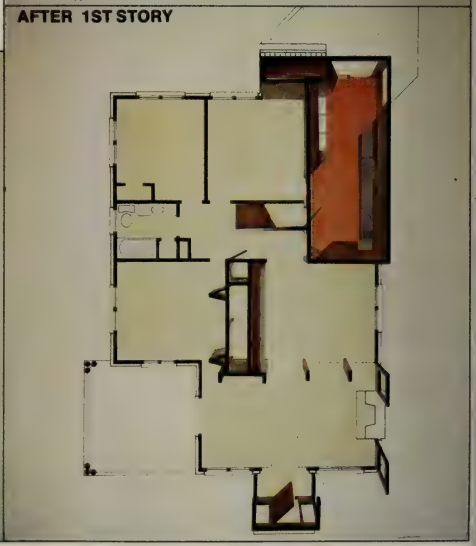
The exterior of the house was in good shape, so the only structural change made was the addition of a front foyer. The original red brick facade remains, as does the unusual roof line.

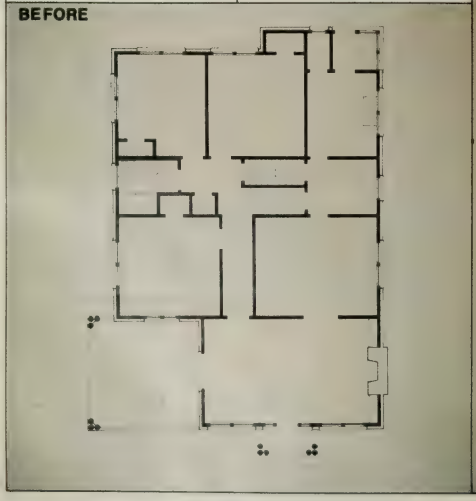
As you step into the entry, you are greeted with a panoramic view of the two-story-high living room. The original living room ceiling was removed, as was the wall separating the living room from the dining room (now the music room).

One of the most striking features of the new living room is an overhead planter bridge which runs through the center of the room. The effect of the bridge is most dramatic when you step into the other part of the room. The space below the bridge is intimate and cozy, while the rest of the room is open and spacious.

continued









Photographs: William Hopkins. Architect: Grover Dear. Homeowners: Grover Dear/Dick Drew. Source: Ruth Grenci

RECYCLE A 1920s STORY-AND-A-HALF



Looking back into the entry and living area, *photo above,* you can see that the planter bridge creates a walkway from the front door through the music room. The music room ceiling is the original ten-foot height and now accommodates recessed lighting. The only other change is the addition of floor-to-ceiling storage cabinets.

Other improvements were also made on the first floor. The hallway between the master bedroom and former dining room was converted into a closet, and one of the two bedrooms at the rear of the house became the new dining room.

All the walls and ceilings in the house are new drywall painted bright white. New carpeting, batt insulation, and wiring were also installed.

The kitchen *(photo at right)* benefited from the remodeling as well. It's now almost twice its original size, having gained space from the old breakfast room, pantry, and back porch. And the room has been completely transformed with new appliances, cabinets, flooring, lighting, and wallpaper.





Renovation wasn't confined to the lower level—the unfinished attic upstairs yielded space for a studio, office, bedroom and bath. The extra living space added 1,200 square feet to give the house a new total of 3,000 square feet.

The second-floor balcony affords a spectacular view of the living room and entry below. The fireplace was refurbished with a Portuguese marble surround, and the bookshelves that originally flanked the fireplace were replaced with fixed glass windows. As the view below shows, it's easy to care for the plants in the planters by walking across the bridge. The planters are built in sections; each section holds an insert cut from the bottom of a one-gallon plastic milk container.

Buying information, page 184



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the solution 100's smoke



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The satisfaction of Camel Lights 100's solves the low tar/low taste problem. With an exclusive Camel rich blend specially formulated for smoother, longer length smoking. No other low tar 100 can match it for taste.

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LIGHTS: 9 mg. "tar", 0.8 mg. nicotine
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Tide goes with General Electric like tough dirt goes with camping.



In fact, GE packs a 40¢-off coupon for Tide in every new washer.

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he makers of 15 washers pack Tide coupons in their top-loading automatics.

continued

Emergency! Could you cope?

in other words, provide full support for both neck and back.

Burns

Do not put butter on a burn. Butter and lard contain salt that irritates the tissue and can lead to infection. If the skin is not charred or blistered, the best immediate remedy is to soak the burned area in cold water. This relieves the pain and slows the burning effect by immediately reducing the temperature of the skin. If more convenient, a moist towel can be applied.

In cases of more severe second- and third-degree burns where the skin is charred or blistered, do not attempt to break blisters or remove pieces of charred skin or adhered clothing. Opening blisters only encourages infection. Pulling off clothing may further damage the underlying tissue. Never apply ointments, antiseptics, or commercial burn preparations to severe burns. These preparations may leave a greasy residue that interferes with later medical treatment.

Instead, simply cover a severe burn with a sterile bandage, clean sheet, or pillowcase and seek medical help. Do not use absorbent cotton or other material with loose fibers that might work into the burn.

Eye injuries

Rubbing or probing an eye irritated by a foreign object may work the particle deeper into the tissue, scratch the delicate surface of the eye, and result in corneal ulcers.

The right way to remove loose particles such as dust or grass clippings is with the moistened (but not with saliva) tip of a clean handkerchief, a soft cloth, or cotton-tipped applicator. Never use tweezers or a toothpick to remove an object from the eye. You can also try flushing out loose particles from the eye with water from a faucet, drinking fountain, or shower. If the eye has been splattered by lye or battery acid, wash the eye with copious amounts of water. Always make sure the water drains away from the uninjured eye.

When a fragment such as glass or metal is deeply embedded in the eye, do not attempt to remove it or work it free. Touching the injury only increases the chances of further injury and contamination. Caution the victim to refrain from blinking as much as possible to prevent further damage. When a foreign object has penetrated the eyeball, don't wash the wound—this might carry infection into the interior of the eye.

If the object is embedded or cannot be located and easily removed, seek medical attention immediately. Cover both the victim's eyes loosely with a clean cloth. Because of their corresponding movement, both eyes must be loosely covered to prevent movement of the injured eye. Explain to the victim (especially a child) why the eyes will be covered and offer assurance that you will not leave.

Heart attack

Most deaths from heart attack occur in the first few hours after symptoms begin. Any adult with unexplained and persistent chest pain should seek help immediately.

NO FOOD OR DRINK

It's better not to give an injured person anything to eat or drink, even if he asks for it (especially in the case of an abdominal injury). If the injury appears to be serious enough to require surgery, the stomach should be as empty as possible.

If the victim repeatedly requests water, moisten his lips with a wet cloth, allow him to rinse out his mouth with water, or give him a few ice chips to suck.

Never administer anything by mouth to an unconscious person or to someone suffering from convulsions or nausea. Anything given by mouth may be breathed into the lungs.

An alcoholic beverage won't help an injured person—in fact it may further complicate the condition. Alcohol reduces alertness, body temperature, and respiration, dilates the blood vessels, encourages bleeding, and decreases blood pressure. This holds true for snakebite cases, too, no matter what you saw in the old Western movies. Because alcohol dilates the blood vessels, the venom is allowed to spread more rapidly through the victim's system.

In many cases, treatment is delayed because the chest pain from heart attack is mistaken for gas, heartburn, or indigestion. (Gas, heartburn, and indigestion may also be mistaken for a heart attack, but it's always better to be on the safe side and have such symptoms diagnosed.)

Each year 350,000 Americans die of heart attack before reaching a hospital, and the average heart attack victim waits three hours before obtaining medical help. Chances of surviving a heart attack are good if the early warning signals are recognized and the victim receives prompt medical attention.

If the following signals are present, seek medical help at once:

- persistent pain or squeezing pressure, lasting more than two minutes, in the center of the chest
- pain spreading from the chest to the neck, shoulders, or arms
- shortness of breath, nausea, fainting, sweating, and dizziness

These symptoms may not always be present, or they may come and go. Also the symptoms of heart attack vary with individuals.

Don't delay calling for emergency medical help. If time permits, notify the victim's physician. Loosening the victim's clothing and propping him up may help him breathe.

It is best to transport a heart attack victim in an ambulance with trained personnel. But if you must drive the victim to the hospital, phone ahead to notify hospital personnel that a heart attack victim is on the way. Tell them what medication, if any, has been given to the patient.

Bruises and sprains

Do not use heat to ease the pain of deep bruises, sprains, or possible fractures during the first 24 to 48 hours. Although heat is beneficial several days after the injury, the immediate use of heat will increase swelling and internal bleeding. Instead, elevate the injured area and apply an ice pack or cold cloths. If an ice pack is used, place a cloth between the skin and the ice to prevent frostbite. The victim should be encouraged to rest the injured area. Trying to walk on a sprained ankle or exercise a sprained wrist only makes more blood and fluid seep into the tissues, causing further swelling. In a

continued on page 52



You know that Mazola® has no cholesterol.

ut did you know that no leading oil tastes lighter than Mazola 100% corn oil?

A lot of people think of Mazola as the oil ade from the goodness of corn. And that's ue. Mazola is the only leading brand that's 00% pure corn oil.

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Roll-on protection

Shepherd casters do much more than make your furniture easy to move.

They help protect your hardwood and vinyl floors from scrapes and scratches. And your valuable carpets from wear and tear.

What's more, Shepherd has casters of all kinds for almost any piece of household furniture you own.

And you don't have to be a handyman either. Because they're a snap to install.

Use Shepherd casters to help protect any surface—and let the protection roll on.

shepherd casters

Wherever hardware is sold -here and in Canada.

continued

Emergency! Could you cope?

simple sprain, disability is more likely to result from the swelling than from the original injury.

Be prepared

With a little forethought, you can be prepared for emergencies—or even prevent some accidents from happening in the first place. Here are steps to take now that could save a life later.

- Develop a family plan of action to follow in case of emergency. Find out whether your community has a 911 or other central emergency number. Keep this and the numbers for your hospital, physician, poison control center, ambulance service, and fire station posted near the telephone. Know the location of the nearest emergency room and the best route to follow from your home.

A few minutes spent now discussing emergency action can prevent panic later. Discuss with family members what to do in the event of a heart attack or burn. Point out that one person should aid the victim while another calls for help. Stress the importance of immediate action. Make sure all your children and baby-sitters know where to find the emergency numbers and how to give your address accurately.

- Make a poison survey of your home. Poisoning victims are frequently children. If you have youngsters in your family or young visitors in your home, keep household cleaners, detergents, paint supplies, medicines, and cosmetics locked up. Do not store toxic substances in food and beverage containers—for example, gas for the lawn mower in a pop bottle. Ask your physician or local poison control center for a list of common household items that are poisonous and check to make sure none of them is accessible to children in your home and yard.

Keep a supply of ipecac syrup and a charcoal-based universal antidote (both available at drugstores) on hand to be used after consulting your emergency room or poison control center.

If someone in your family is taking medication prescribed for depression, have another family member monitor access to the medicine. Also, never take or administer any medicine in the dark. Keep medicines away from the bedside—it's too easy to make a mistake when you're not completely awake.

- Make a list of the drugs you regularly take and keep it in your billfold. The list should include the name of each drug, what you are taking it for, dosage, the prescription number, and any allergies you may have. Your physician's home and office phone numbers would also be helpful. If you are taken to an emergency room, the physician there will want to know what drugs are already in your system. Having the answers readily available can save valuable time.

If you have a special medical condition—such as diabetes, epilepsy, heart disease, or any life-threatening allergy to a common drug like penicillin—wear a bracelet or necklace that identifies the problem. The identification can be obtained from the Medic Alert Foundation International, Box 1009, Turlock, California 95380.

Other information which you should carry in case of emergency includes the date of your last tetanus shot, your blood type, diet restrictions, and any allergies you may have. You also should indicate if you have a pacemaker, contact lenses, or removable dentures.

You can purchase a wallet card preprinted with a list of medical information which would help those who are trying to treat you in an emergency situation. For a kit, which includes plastic for laminating the card, send $1 to: Medident, Box 9629, Cleveland, Ohio 44140.

When you take someone else to the hospital, remember to take a sample of medicine, or a purse, suitcase, shaving kit, or any other item that may offer clues to the victim's medication.

- Take courses offered in your community for general first aid and cardiopulmonary resuscitation (CPR). For a listing of available courses, check with your local Red Cross chapter, Heart Association, hospital, or county health department. A few hours of specialized training will greatly increase your ability to cope with a variety of emergencies. Brochures about emergency care and community services may also be available from these sources or a poison control center at little or no charge. ■

(Produced in cooperation with Ann Conner)

Important dental evidence reveals:

70% OF ALL CAVITIES HAPPEN IN BACK TEETH AND BETWEEN TEETH WHERE BRUSHING OFTEN MISSES.

Fluorigard™ Dental Rinse puts cavity-fighting fluoride where the danger is.



ere's a better way to fight these "Danger Zone" vities. Fluorigard Dental Rinse.

If your child still gets cavities, even with gular brushing, Fluorigard Dental Rinse n help. It's a dramatically different proach to cavity prevention. Simple. xpensive. But with proven success.

Fluorigard is fluoride in liquid form. it helps get cavity-fighting fluoride back teeth, as well as front teeth; en floods those dangerous spaces tween teeth.



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Fluorigard, a liquid, can get in between and to back teeth where brushing often misses.

Cavities reduced up to 50%.

In clinical tests with school children, dental rinses like Fluorigard, used once a day, reduced cavities from 27% to 50%. No wonder many dentists are now recommending Fluorigard.

Easy to use and good tasting.

Since Fluorigard is a rinse, children find it easy to use. And they enjoy its fresh, minty taste.

Remember, just one rinse a day after brushing gives your children extra protection.

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Get More satisfaction.



More offers you an extra measure of satisfaction.

Because More's got the great taste you want in a cigarette. Taste that satisfies. Taste that makes More a truly enjoyable smoking experience.

And you get extra satisfaction from More's 120 mm length which lets you enjoy all that great taste even longer.

More also has the style that could only come from a long, slim, brown cigarette.

Once you get More satisfaction, you'll never accept anything less.

More. For that extra measure of satisfaction.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.

A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

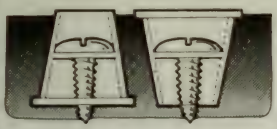
PROBLEM

You need something small that you can use as a knob for the drawer or door of a jewelry box or other small piece that has a part or two missing.

SOLUTION

Use the cap from a tube of toothpaste. Drill a hole in the center of the recessed divider, insert a screw as shown, and attach the cap—with the taper in either direction—to your project. These caps are also handy as legs for small accessories, handles for pot lids, and—in some cases—dial knobs (glued to the spindles).

S.S., Livingston, N.J.



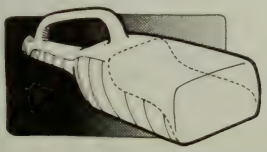
PROBLEM

You need a dustpan for your shop but don't particularly want to buy one.

SOLUTION

Scrounge an empty one-gallon can and cut it down, as shown, using aviation snips. It will hold more shavings and other debris than the kitchen-variety dustpan and won't cost a penny.

W.L., Watertown, S.D.



PROBLEM

Your fender-mounted car antenna snapped off, and the cost of replacing it is a little too much for this month's budget to handle.

SOLUTION

Fabricate a temporary repair by using a scrap piece of 3/8-inch copper tubing (or whatever size is right for your antenna) as a coupling. (Half of the tubing will slip onto one end of the broken antenna; the other half fits over the stub.) To attach this makeshift coupling, hold the broken part of the antenna in your vise and tap the copper tubing partway onto the end of the antenna. Then take the whole works to your car, clamp locking pliers onto the antenna just above the tubing, and tap the antenna down onto the stub. (Avoid jamming the antenna by tapping on the pliers, not the top of the antenna.)

E.G., Fort Worth, Tex.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

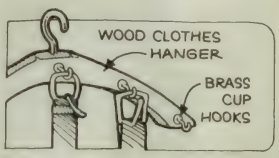
PROBLEM

You need a tangle-free way to store your belts.

SOLUTION

Screw about five cup hooks to a wooden clothes hanger, as shown. Each hook should handle two belts.

J.L., Glencoe, Ill.



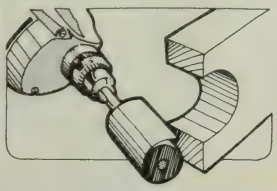
PROBLEM

You need to sand a small inside curve on one of your wood projects.

SOLUTION

Cut a 1½-inch slot into one end of a four-inch piece of ¼-inch dowel and insert the solid end of the dowel into the chuck of your electric drill. Then slip a 1½x6-inch piece of sandpaper—sideways—into the 1½-inch slot and wrap the sandpaper around the dowel in the same direction the dowel will turn in the drill (*see sketch*). As you're sanding, the exposed part of the sandpaper will wear out; when that happens, just tear off the worn-out part and continue sanding.

D.B., Canton, Mich.



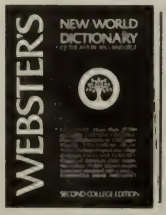




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COLLINS PUBLISHERS

BUILDING

Family-centered sewing room

When three people in a household love to sew, they need a seven-day-a-week room with separate storage for each person's projects. That's exactly what these homeowners got when they remodeled badly used space into this handsome laundry/sewing center.



Photographs: Lyon. Architect: Karen & Seals Architects, Inc

Walls and doorways were changed to permit three sewers to participate in family discussions. And what's even better, a pocket door can be pulled across the room so projects don't have to be hidden when company comes. Recycled kitchen cabinets are ideal for storing patterns, buttons, shears, and fabric scraps. Other cabinets hold drip-dry garments in the laundry room.



Source: Barbara E. Cathcart

A cheery color scheme throughout both rooms makes sewing projects even more enjoyable. Bright-patterned wallpaper echoes the colors of the sewing room carpeting and the shiny knobs on the cabinets. General and task lighting comes from overhead fixtures and under-cabinet fluorescents. ■



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Sealy Posturepedic

Sealy

Gutters and downspouts: cleanup and care tips

The occasional repair and cleaning of gutters and downspouts is an important part of home maintenance. Accumulated leaves, mud, and standing water in metal and wooden roof gutters can cause rust, corrosion, and rotting—and lead to expensive replacement. The following tips will help you keep your roof drainage system in top working condition and extend its life by many years.

Try to clean gutters and downspouts twice each year—once in autumn after the leaves have fallen and again just before the onset of spring rains. Clear out all debris by hand and then flush the gutters with a hose. Take this opportunity to check for leaks, corrosion, and sagging sections in the gutters, and for blocked downspouts. If there is a block somewhere in one of the downspouts, you may be able to wash it free while hosing out the gutters. If not, a plumber's flexible "snake" should do the job. Add special wire strainers to the tops of your downspouts to avoid future clogging.

To lessen the chances of debris-clogged gutters, install ready-made wire-mesh gutter guards. They will lengthen the life and effectiveness of your drainage system if you keep the mesh free from leaves. Flush guarded gutters occasionally to remove mud and asphalt-shingle granules.

For good drainage, gutters should slope toward downspout openings about ⅛ inch for every foot of total gutter length. Gutters longer than 35 feet should slope from the middle of the span to downspouts at each end. Adjust the pitch of the gutters by tightening or bending the hangers. Using nails that are larger than the originals, renail or replace all loose gutter hangers and spout straps.

Even when metal gutters are kept clean, they will eventually show signs of corrosion. You can postpone corrosion by thoroughly cleaning the inside of the gutters with a wire brush and applying a thin coat or two of asphalt roof cement. Older wooden gutters should be sanded and coated with linseed oil. After the oil is dry, apply two coats of roof cement.

If the drainage system has holes or leaks that aren't big enough to require replacing entire sections of gutter, you can repair the damage like this. Sand the damaged area and wipe it clean with a solvent-soaked cloth. Apply a thick coat of roof cement and top it with a patch of heavy canvas, roofing paper, or thin sheet metal. Cover the patch with another liberal coating of cement. Repair large holes or cracks with a large sheet metal patch. Cut the patch so that it extends up both sides of the gutter and over the outer gutter edge. Crimp the patch over the edge with pliers. Apply roofing cement underneath and on top of the patch. Or, simplify the job by purchasing a gutter-patching kit at a hardware store. ■

Presenting the GE toaster that broils and bakes.



The GE Toast 'N Broil Toast-R-Oven® toaster.

Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

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The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

GENERAL ELECTRIC

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Enclosed is $_____ plus ____ ® Trademarks.

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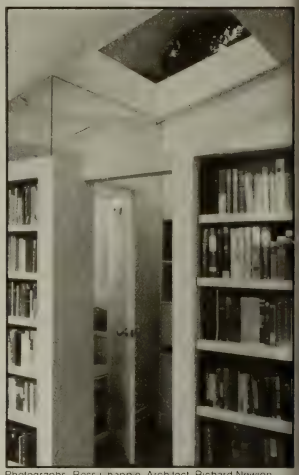
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Adding a powder room plus

When the new owners of this row house decided to add a powder room and library, the architect managed to fit in a 4x5-foot bath right off the kitchen and add floor-to-ceiling bookcases.





Photographs: Ross Chapple. Architect: Richard Newton. Source: Eileen Deymier

Right: The new powder room can be reached from the new den or by going through the kitchen and skylighted bar. Even though the bath is only four by five feet, its overall design gives the feeling of spaciousness. The white laminate vanity was curved and narrowed at one end to accommodate the toilet. The entire wall above the sink was mirrored and a fixed glass panel installed above it. The powder room also benefits from the den's skylight since mitered acrylic plastic panels reach from the bookcase tops to the ceiling.

Above right: The remodeling plan also called for adding as much space for the new den/library as allowed under the present zoning laws (in this case, a space 14x16 feet). To brighten the library, the architect bumped out a delightfully sunny porch beyond the study and added double-glazed windows on three sides. Even in the middle of winter this new retreat is toasty warm for curling up with a good book.

Two new bookcases flank the kitchen entryway and create architectural interest as well as provide much-needed book storage. All shelves are movable to accommodate paperback books or tall encyclopedias.

Since this row house is surrounded by other dwellings, minimal light came through the front and back windows. To solve the problem, a new skylight scoops sunshine smack into the middle of the kitchen, den, and new powder room.

Homeowner hint: If you're trying to squeeze a powder room into a minuscule space, take some lessons from this bath. Choose a mirror that runs from counter top to ceiling and from one wall to the other. It will make those cramped quarters seem much bigger. Choose a long shampoo sink or even a small bar sink so you'll have more counter space. Run that counter—in a light color, preferably—across the vanity and toilet top tank. Lighting is vital—choose flattering Hollywood bulbs or soft fluorescent tubes shielded with diffuser panels. ■



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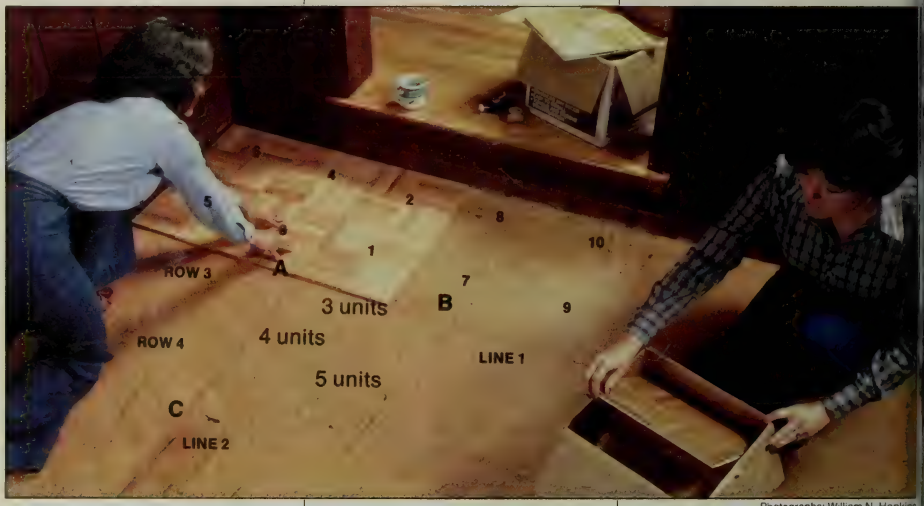
STEP BY STEP TO OAK PARQUET FLOORING

BY DAVID HAUPERT

There comes a time when even the best flooring has had it! It's when stains are so numerous that their color schemes clash . . . worn spots look like a bombing site . . . and the flooring under the sofa is the only good-looking patch in the room. If you're at this stage and wondering what to do next, think about oak parquet. It can last as long as your house, and it looks great—with or without area rugs. And thanks to an excellent self-adhesive product, you can lay your own oak parquet floor for about what it costs you to buy a good carpet and have it installed.

Follow along with us, and we'll show you how two people—strictly beginners—can lay a beautiful 16x28 floor in one day.





Photographs: William N. Hopkins

Before you start...

It'll take you about a half hour to get the dull stuff out of the way. Remove the base molding (if you didn't already do so when you tore out the old flooring), scrape up any lumps of paint or plaster you find on the floor, and drive all nails flush. Then undercut the bottoms of all door casings, as shown on page **64**, so the parquet can fit under them. Cap off your preliminaries by vacuuming the floor.

The crucial step

If you handle this next step well, the rest of the job is a snap (almost). Your goal is to create two straight and true guidelines. Start by making two marks 24½ inches from the starting wall—one mark near one end of the wall, the other near the opposite end. Then snap chalk line 1 (see diagram). Now make a mark on line 1 (point A) that's 24½ inches in from the end wall. To make sure the second guideline (line 2) is absolutely perpendicular to line 1, concoct a 3-4-5 triangle.

Now for the fun part!

You're actually ready now to lay the first square. (The ones we used are prefinished tongue-and-groove squares—7/16 inch thick.) Peel off the paper backing (exposing 144 pressure-sensitive glue dots) and align the *bottom* edges of the square (not the tongues) at the intersection of lines 1 and 2. Then just follow in the sequence numbered for you in the photo, as you take two rows from one end of the room to the other. If you have to cut the end tiles to fit, measure the space to fill, subtract ½ inch for an expansion void, and cut off what you need with a saber saw or table saw. To lay the next two rows—and so on—go back to the other end of the room and start row 3 opposite square #1. Add another square in row 4, then fill out these two rows—etc.

You'll find that you can lay the bulk of your floor in just a couple of hours. Treating doorway openings and fitting around obstructions can take as long.

continued

Buying information, page 184



Reach out. Reach out and touch someone.

Wherever you are, you're never too far to spend a few moments with someone special, someone who's waiting to hear from you. You can make your day by sharing it with faraway family and friends. Call to express your care, even if it's just to say hi. It means so much to keep in touch. So reach out. Reach out to those who make you feel good. You'll both feel good. With a phone call.

Bell System

OAK PARQUET FLOORING

The nit-picking details

At each doorway, you'll need to install a tapered reducer strip to bridge between the parquet and the flooring in the next room. Notch the strip to fit around the door stops and nail it in place through pre-drilled holes.

If you come face to face with a curved hearth like the one pictured—or any odd-shaped obstruction—you might find it easier to use the backing papers for templates. Just drop a paper into each hole to be filled and draw the cutting line, leaving a ½-inch expansion space along the outside edge. Then trim the paper and use it as your guide when you cut the parquet with your saber saw.

Don't worry about special problems created by stair landings, sliding glass doors, and the like. The manufacturer of the flooring we used makes special moldings to handle about every kind of trim job you could face; check page **66** for a full rundown.

continued










It's my beer, too.
If I'm going to have a beer after I jog, it's got to be a Natural. It's my favorite light beer.
Because I like the way Natural tastes. Clean and smooth. It's really thirst quenching.
That's why Natural's my beer, too.
Just say Natural.
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Light Beer
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Finally you can enjoy your own backyard. The Web™ electric bug killer from Weber wipes out mosquitos, gnats... the pests that drove you indoors last summer!

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It's from weber The Web is built with rugged Weber reliability. See The Web wherever Weber barbeque kettles are sold. After all, who knows more about working the bugs out of backyard entertaining?

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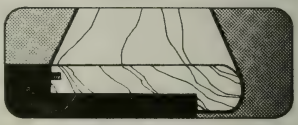
Parquet flooring



▲ **Threshold molding** Use this piece to make the transition between your parquet flooring and the frame of a sliding glass door. Leave a 1¼-inch space between the parquet and the frame, then butt the thick part of the molding against the frame.



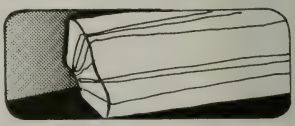
▲ **Reducer strip** Install this tapered molding in doorways to bridge between your new parquet floor and the resilient floor in the adjoining room. Also use this strip to finish out around flush and raised (but not curved) hearths and in other open areas where parquet joins resilient flooring.



▲ **Stair molding** Use this one to give a finished look to the edge of a stair landing or the step to a sunken room.



▲ **¾-inch quarter round** If you prefer to leave your existing base molding intact, use oak quarter round to cover the ½-inch space between the new parquet and your old molding.



▲ **Base and shoe molding combo** If you don't want to reuse your existing base molding, use this piece to finish off the job. It's wide enough to hide the ½-inch expansion space. ■



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ve money! *Cut your fuel bills significantly by* utilizing n's FREE heat, while our translucent Solar Blanket *raises pool temperature 10 degrees or more in season.*

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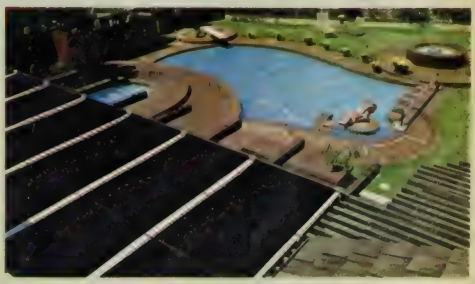
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—Mr. John Miller
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"Some low tar cigarettes taste like the filter. You get tobacco flavor in Merit."

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"Well, they're probably the best cigarette I've ever smoked."

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"Just wanted to let you know my husband and I ar very impressed with 'Mer cigarettes."

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"If I your new ci have never wri letter."

—Mr. Leon Granata
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"Merit has a stronger tobacco flavor than the other low tar cigarettes, and that's why I smoke them."

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ey're better than our brands. Outstanding or."

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ed others and I like it Menthol

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m to have other low at I've of the real ."

—Mrs. Ardath Wepner
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Merit. We just get cess."

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Merit is the only cigarette n find that has the flavor a higher tar cigarette but low in tar."

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"I tried them all but could not find one that could satisfy me. That is until Merit came along. Merit truly delivers true rich tobacco flavor and in fact compares favorably to high tar brands."

—Neal DiLieto
Staten Island, New York



Kings: 8 mg "tar," 0.6 mg nicotine—
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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"MERIT Menthol is low in tar, and I get the same flavor as a higher tar cigarette."

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M[e]

"[I] you' [a]
I tried [m]
came out [w]
very muc[h]

"Merit 100's [a]
flavor."

"It's just the best tas[te]
low tar cigarette I've ev[er]
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—Mr. Edw[ard]
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"I've tried other cigarettes but Merit gives me the most smoking satisfaction."

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"It's probably the best tasting cigarette my husband and I have ever smoked. We tried quite a few other low tar cigarettes and found Merit's flavor to be the best, just fantastic."

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"I tried them and liked them. Merit tastes better than my previous brand."

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"I had been a non-filter smoker for so long and now with Merit I'm getting comparable tobacco taste in a low tar cigarette."

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"Merit is not strong but it tastes like I'm smoking a cigarette, not like other low tars I've tried. They don't taste like anything."

—Mrs. Blake Hall
Brixton, Maine

"[M]erit is better
[c]igarettes I've

—R. Fox, Jr.
[P]ennsylvania

"[I] [c]ould

"Merit Menthol is cool but not overwhelming. It has a mild, pleasing taste."

—Mr. William J. Ehmer, Jr.
Alexandria, Virginia

"[L]ike them because they're [m]ild and they have a real [t]aste."

—Mr. Walter Howe
Guilford, Connecticut

"[L]ooking for a low tar [c]igarette. I tried many [b]rands on the [m]arket until I came to Merit."

—Jean Swanson
Hampton, Virginia

"They're as good tasting a low tar cigarette as you can smoke."

—Mr. Dennis Amman
Duscombe, Iowa

"Merit seems to satisfy me more. They have a satisfying taste and satisfy my want for a smoke. The other brands don't meet up to Merit."

—Mr. Archie Dobson
Mount Airy, North Carolina

"Last year I started looking for a low tar cigarette. I think I tried every brand on the market until I came to Merit.

—Jean Swanson
Hampton, Virginia

"Merit Menthol is cool but not overwhelming. It has a mild, pleasing taste."

—Mr. William J. Ehmer, Jr.
Alexandria, Virginia

"[L]ike them because they're [m]ild and they have a real [t]aste."

—Mr. Walter Howe
Guilford, Connecticut

"[L]ooking for a low tar [c]igarette. I tried many [b]rands on the [m]arket until I came to Merit. It wasn't [l]ong after I started

—[M]. Walker
[A]labama

"[M]erit Menthol very [m]uch. I wouldn't smoke [a]ny other."

—Mrs. Julie T. White
Johnson City, Tennessee

"I'd rather smoke Merit cigarettes than any others. I like them enough not to switch around now."

—Margaret Galaspie
Charleston, West Virginia



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BUILDING David Haupert

STEP BY STEP TO A CERAMIC TILE COUNTER TOP

Chances are your kitchen counter top is covered with plastic laminate. And it looks great—until someone slices meat on it (*you* wouldn't do that) or scrubs a stain with scouring powder and steel wool. Once that kind of damage has been done, there's no way to undo it. If your counter has more of those ugly spots than you care to count, it might be time for you to add another surface.

One of the most attractive—and trouble-free—cover-ups for old laminate is ceramic tile. The project will cost you about $3 a square foot if you do the work yourself. Here's how—step by step.



STEP 1:

Make sure the laminate is well glued. If you find any loose spots, nail them down securely with short ring-shank nails. Remove the sink and any other inserts, then clean the laminate and rough it up with coarse sandpaper.



STEP 2:

Spread the adhesive, as shown, using a trowel with ⅛ x ⅛-inch notches.



STEP 3:

Start laying the tile in the corner of the L, if one exists. (Otherwise, start at either end.) Use special bullnose (2x2) and apron (1x2) pieces.



STEP 4:

Begin installing the large sheets of tiles, aligning the joints carefully and uniformly.

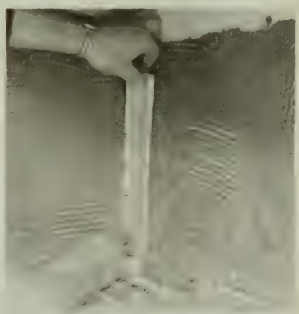


STEP 5:

Add the internal corner trim piece, then continue laying the large sheets of surface tile that abut the bullnose (front) course.

STEP 6:

Install a row of cove base trim all around the back edge of the counter top and add the special cove piece in the corner. Then lay the back course of surface tile, cutting down the sheets at the back edge with a tile cutter, if necessary, so they'll meet the cove base trim correctly.



STEP 7:

Run a row of cove trim (same as you used along the back of the counter top) up the internal corner of the backsplash. (As you've noticed, there's a piece for every problem spot.)

continued on page 74

Photographs: Photographic Illustrations, Ltd.


best of all, it's



It's my favorite room. Chrome. Suede. Natural colors and earthtones.
A place to work, entertain, relax. A warm and friendly place.
It's a room that called for a thick, rich carpet with subtle shading. I'm a practical person.
I chose one made of Antron® Nylon pile because I knew that this elegant carpet could take almost anything my family could give it. It's more of a carpet than I planned on.
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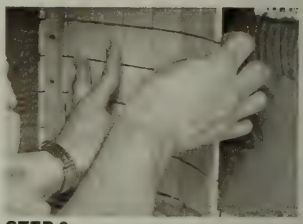


will wait in the hot water up to thirty minutes more without overcooking. Success waits for you. And be careful; perfect rice can get you hooked on everything from seafood to side dishes.

Success® waits for you.

begins on page 71

Tile counter top



STEP 8:

Install large sheets of surface tile on the back wall of the backsplash, notching around any obstacles.



STEP 9:

At the end of the counter, run a row of bullnose pieces up the edge of the backsplash, then use large sheets between the bullnose pieces and the back corner. Finish up with the external corner cove piece, as shown.



STEP 10:

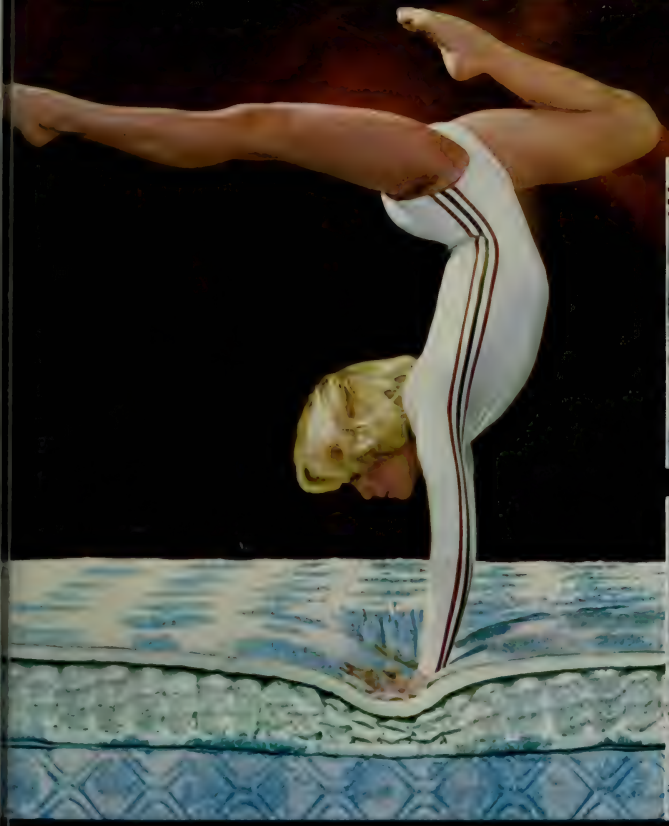
Wait 24 hours, then mix the grout and spread it into the voids with a rubber-faced trowel. Remove the residue right away, following the manufacturer's instructions.

STEP 11:

To harden the grout joints properly, saturate them with water once a day for three days. Then re-install your sink. You'll no doubt need longer bolts. Wait a week before you tighten them snugly; that way, you'll avoid cracking the grout. In the meantime, enjoy your sparkling new counter. ■

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physically fit every curve



and contour of your body.

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MONEY Margaret Daly



REAL ESTATE

Here's the fourth installment of our series on investments to consider once your savings, insurance, and home are secure. (See "Investing ABC's: Bonds," *Better Homes and Gardens*, November, 1978; "Common stocks," March, 1979; "Mutual funds," April, 1979.)

You've probably had a whopping good experience with your home as an investment, despite higher taxes and home maintenance costs. And it's tempting to test that good fortune by investing in other forms of real estate. But the rules of the game aren't exactly the same as with home ownership; real estate investing can be a tricky proposition.

Despite the pitfalls, real estate may offer some unique and attractive benefits if you first do the homework and take the necessary precautions. Before examining some specific ways to invest, let's look at the overriding pros and cons.

The benefits

● ***Inflation hedge.*** Real estate, *wisely bought*, seems at this time to be as handsome a hedge against inflation as any kind of investment available. Those words *"wisely bought"* are the key: The impulsive or uninformed buyer of property could easily stumble onto a parcel destined not to increase in value. The physical structure itself, the neighborhood, or the community may be entering a stage of imminent decline, and you might not recognize the danger signals. But those signals can be discerned if you take the time to inquire of neighbors, real estate agents, bankers, and property appraisers who will be familiar with the details of the situation.

● ***Leverage.*** Leverage means that you can get into a large investment with a relatively small amount of actual cash because you'll be able to borrow most of the money you need to participate. Your profits can be magnified accordingly. Example: You buy an apartment house for $100,000, using $20,000 of your own cash, and borrowing the rest on a mortgage loan. Suppose your income from rentals is at least enough to cover all your expenses and your mortgage payments, so there's no more out-of-pocket investment required. Five years later you sell the property and net $150,000. On the surface, your investment has increased in value by $50,000—from $100,000 to $150,000. That's an average of $10,000 for each of the five years, or an average annual gain of ten percent of the original $100,000 (noncompounded, to simplify the math in this example). Not bad. But you could have done almost as well with a federally insured savings certificate, and not had the headaches.

However, considering leverage, your actual cash picture is much more attractive. On the sale you'll net over $70,000. (Selling expenses will lower your take somewhat, but again we're keeping the figures simple to illustrate the principle.) The $70,000 is figured by taking the $150,000 selling price and subtracting the balance still due on the mortgage, which will be slightly less than the original $80,000. In other words, you will have more than *tripled* your cash in the five-year span. You put in $20,000. You take out $70,000. And if you've bought wisely, you won't have had to think much about the kinds of up and down gyrations that the stock market is subject to (unless you're a natural worrier).

● ***Tax shelter.*** Particularly in rental properties, most if not all of your related income can be free of income taxes. The main reason: In addition to being able to deduct real estate taxes, mortgage interest, maintenance and other operating costs, you are allowed as an owner of investment real estate to take a tax deduction for "depreciation" on the building. (Land is not a depreciable deduction.)

To understand the depreciation factor, let's go back to the example of the apartment house. Of the $100,000 purchase price, $75,000 of it is, for the sake of discussion, attributable to the building, and $25,000 to the land. Say the particular kind of building has a "useful life" of 25 years, according to Internal Revenue Service guidelines. This means that every year you own the property you are entitled to an income tax deduction of $3,000 for depreciation ($3,000 per year for 25 years will total the full $75,000 cost; this is known as the "straight-line" method of depreciation).

Yet you're not really out of pocket by that $3,000. In fact, the building may actually be appreciating in value. And if your income on the property (after all other proper and deductible expenses) is $3,000 per year, all that income is offset by the depreciation deduction. In effect, your $3,000 earnings are free of income taxes.

Note: How you actually figure depreciation on the building depends upon a number of variables; the IRS "useful life" figure is just a guideline, and you're not necessarily held to it. For instance, depending upon the condition of the building, you might be able to justify a shorter remaining life for it; that will allow you to take a higher annual deduction for depreciation. There are also other ways to figure depreciation in place of the straight-line method. But that gets into complexities beyond the scope of this article; you'll need a real estate expert's advice when the time comes. In fact, a conference with an accountant, lawyer, or Realtor is in order before any kind of real estate venture.

Another brand-new tax advantage

continued

Drawing: Blaser Kimball

continued

Real estate

has recently been signed into law. Investors will, henceforth, be able to obtain a *credit* against their taxes for certain rehabilitation expenses made on some nonresidential buildings that are over 20 years old.

You might also look into the tax advantages of incorporating if you intend to make real estate investment a full-time occupation. Incorporation probably won't be worthwhile, however, when you anticipate just a few thousand dollars income each year from your property.

The pitfalls

● ***Competition.*** As with many businesses, the real estate arena is populated by hordes of novices and a small group of experts. Novices compete not only with each other but also with the experts for the best deals *and* the best tenants *and* the best buyers. The experts can rely on acquired skills. The novices often have to rely on luck. The novice can improve his position by doing a lot of homework, but the battle in the real arena will still be tough.

● ***Management.*** Ownership of most kinds of real estate investment property can require head-to-head contact with a boggling array of people, from plumbers, carpenters, and tax assessors to bankers, building inspectors, and vandals—to mention just some of the more familiar ones. You may already deal with a number of such people, since you're a homeowner. But commercial property often takes special expertise.

Make no mistake: These involvements will cost money, consume time, and cause aggravation in varying degrees. All of this can be harmful to both your bank account and your peace of mind. A certified property manager (C.P.M.) can, for a reasonable fee (typically, four to six percent of the monthly income from the property), assume the bulk of all these responsibilities. And a good manager can even enhance the potential income and resale value of your property. You must carefully evaluate the benefits and costs of each form of management: do-it-yourself or hiring a pro.

With those benefits and pitfalls in mind, take a look at various ways you might invest in real estate.

Income property

This might be residential (including multiple dwelling units where you reside in one of the apartments), commercial (such as a single detached store, or a small shopping center), or industrial (including warehousing, manufacturing, and servicing). Often you will find good deals that will require just $10,000 or $20,000 as a down payment—or less—out of your own pocket. That's a frequent advantage of buying income property: You may exercise considerable leverage (very little down payment) if the lender believes your potential return is solid. You might have a long lease assured with a top-notch commercial tenant, for example. On the other hand, a less well-assured return may cause the lender to stiffen his terms considerably—one-third or one-half down, even.

Whatever mode you choose, the number and quality of your tenants

continued



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continued

Real estate

will have an important bearing on your success potential. Equally important factors are your leases (which a lawyer should prepare) and your financing arrangements. All of these elements are intricately interwoven into the fabric of an income property situation. They all have to be taken into account in projecting the profitability of any given deal.

The number of tenants, for example, will affect your management load and your "vacancy factor." Compare a four-unit property with an eight-unit property. The smaller one should mean less management responsibilities—fewer people to deal with, fewer leases to negotiate, fewer units to redecorate after a turnover of tenants, and so on. But if one vacancy occurs in the four-unit building, you'll be more affected than if one vacancy occurs in the larger building. Failure to properly estimate this "vacancy factor"—the probable number of total vacant units during the course of a year—can throw your financial projections awry.

The quality of your tenants is critical. Individuals and businesses with good credit histories will help assure that the rent is paid on time and that the terms of the lease are honored. For a few dollars' fee, you can obtain a credit history on a prospective tenant with the help of your local bank or local credit bureau.

Particularly in commercial property, the stronger the tenants' financial situation, the better your chances of obtaining favorable financing. But note well that the stronger tenants will likely pay a lesser rent—and you take less risk accordingly.

Lease terms must be carefully negotiated. The more a tenant is responsible for (such as repairs, payment of utilities and a share of the taxes), the less management you'll have to worry about, and the lower the rent will likely be. (But you'll also escape some of the inevitably rising costs of utilities and other operating expenses.)

Note well: Just as with your home, preventive maintenance is one of the essential elements of real estate ownership. To the extent you're willing to invest in upkeep (such as regular inspections and servicing of all the mechanical elements of a building), you'll be keeping your repair bills down and the value of the property up.

Turnover property

Many families, particularly those with the ability and skills to refurbish, have done nicely in buying older properties (mainly one-family houses), sprucing them up, and putting them right back on the market for resale. Keys to success include buying correctly, doing the right refurbishing, and handling financing shrewdly:

- ***Buying.*** This often means seeking out sellers who are in a distress situation—anxious to sell at a sacrifice price. Check with local Realtors, examine "for sale by owner" offerings, and inquire of local mortgage lenders who may have repossessed properties on foreclosures. Look for tax-sale notices, too. Although they don't necessarily mean the owner is ready to sell, he may be.

Not only must the price be right for the property you want to refurbish; the condition must also be acceptable

continued



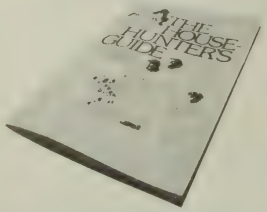
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continued

Real estate

to a subsequent purchaser, or it must be made to be acceptable for a reasonable price. Remember, you're buying the property for resale, and you have to assume that a purchaser will spot any defects and will structure his offering price accordingly.

● ***Refurbishing.*** The more you can do yourself, the better off you'll be. Take care not to overdo, lest you price the house out of the neighborhood cost range. Also, keep decorating changes as conservative as possible—you may think that a purple kitchen would be fantastic, but it could turn off a lot of would-be buyers. Presuming you provide the labor, a few hundred well-spent dollars in "cosmetic retouching" (such as painting) can add a thousand or two dollars to your resale price.

● ***Financing.*** It's best to make advance arrangements with a local lender for a future mortgage—which of course will have to be dependent on the creditworthiness of any subsequent buyer. You enhance your profit potential by offering a ready-financed package.

Timing is critical. Each month that goes by during which you haven't resold the house means added out-of-pocket costs to you. Those costs can erode your profit potential, and ultimately create a losing situation. Know your local housing market. If it's weak, beware. Local Realtors can be your best help in this regard.

Since this type of investment is generally short-term, the advantages of depreciation and inflation-hedging are minimal. Refurbishing deals essentially stand or fall on your ability to buy low and sell high. Estimate your risks prudently.

Vacant land

This is a highly speculative area. If you buy sight unseen and without the advice of an expert in land sales, you could be in for big trouble. When you know the land and have easy access to it, your risk is lessened.

Remember that empty land produces no income, but does incur continuing costs. If you borrow to buy land, you'll be paying interest. If you use your own money, you'll be losing interest that you otherwise could have been earning. You'll also be paying property taxes all along, and probably should buy public liability insurance as well. When you sell, there may be advertising expenses. Also, brokerage commissions for vacant-land deals are stiff—ten percent or more. With all these costs (particularly the interest factor), a piece of vacant land generally must about double in value within six to seven years for you to be as well off as you would have been by putting your money into a high-yielding federally insured savings certificate.

Vacation homes

New tax laws have lessened the investment appeal of vacation homes. To qualify for the depreciation and some other deductions, for example, you must not use the house yourself for more than 14 days a year or ten percent of the number of days you rent out the place. Without such benefits, you might be better off, for vacation purposes, renting someone else's place. Check with a tax expert.

Other possibilities

Several modes of investment allow you to own a piece of a real estate investment portfolio while someone else does all the work—for a fee.

● ***Real estate investment trusts*** (REITs, pronounced REETS) are a form of mutual fund for real estate ownership. Shares in REITs are traded like shares of stock and are subject to the same kinds of fluctuations. These funds did poorly during the real estate depression of the early 1970s, and many investors incurred stinging losses.

There has been some rebound in the REIT market since, but the future is anybody's guess. Study the prospectuses of a number of REITs to get the feel of how they operate. (A stockbroker can help.) One special advantage of REITs, at least with publicly traded shares: You should be able to cash in your investment in a hurry, which you cannot do so easily when you own the property yourself.

● ***Partnerships and syndicates*** are a more localized form of pooling investors' money into real estate. A local developer, for example, may offer partnership interests or syndicate shares in a project he or she has under way, such as a shopping center or an apartment complex. A well-run operation of this sort can offer you the advantages men-

continued



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tioned earlier in this article and can erase the disadvantages.

But, as with REITs, the history of such ventures has been spotty. Many of them are highly speculative. Some are poorly run. Your most important research is to check out the reputation and past performance of the developers, and do your own analysis as best you can on the project itself.

Why don't the developers simply raise the money they need through the banks? That's a very important question to answer before you invest. In some cases the developers may have tried to get bank financing, but couldn't. If this means that the project was too speculative for the bank, it's probably too speculative for you.

In other cases, the private financing may be better for the developer, who may not even want to seek bank financing to avoid paying interest on that money. If the developer sells shares of partnership interests, buyers won't get interest on their money. Instead they'll share in the hoped-for profits and other tax benefits. This could be a tighter and better deal for all concerned. But you must investigate these elements on your own.

Another form of partnership would be a *private deal* involving yourself and a number of well-chosen friends, wherein you share and share alike—the benefits along with the headaches. You should definitely have a lawyer draft the partnership agreement: Without a proper one these partnerships can be chaos.

For more information

Among scores of good real estate investing books are *"Goodkin's Guide to Winning in Real Estate,"* by Sanford Goodkin (McKay, 1977; $12.95) and *"Questions and Answers on Real Estate,"* by Robert Semenow (Prentice-Hall, 1978; $14.95). Thumb through several other volumes to select those that relate best to your interests. ■

—Robert Rosefsky



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MICROWAVE COOKING

Egg entrées

The magic of microwave cooking lets you make a variety of egg main dishes in minutes. Start with a fluffy scrambled egg casserole, custard-rice timbales, or a hearty macaroni casserole.

Note: Timings for settings are approximate since microwave ovens vary by manufacturer.

SCRAMBLED EGG AND HAM CASSEROLE

1 tablespoon butter *or* margarine
1 cup bite-size shredded rice squares, crushed
½ teaspoon curry powder

• • •

1 tablespoon butter *or* margarine
8 beaten eggs
⅓ cup milk
Dash pepper
¼ cup chopped green pepper
1 tablespoon butter *or* margarine



Photographs: Dieter

1 can *condensed* cheddar cheese soup
½ cup milk
½ teaspoon worcestershire sauce
1 cup diced cooked ham

In a small nonmetal bowl micromelt the first 1 tablespoon butter or margarine at high power for 30 seconds. Stir in cereal and curry powder; set aside. In medium nonmetal bowl melt the second tablespoon butter. Add eggs, the ⅓ cup milk, and the pepper. Cook, covered, at high power 4 to 5 minutes or till eggs are almost set, stirring twice; set aside. In a 1½-quart nonmetal casserole, cook the green pepper in the remaining tablespoon butter on high power about 3 minutes or till tender. Stir in soup, the ½ cup milk, and the worcestershire. Fold in scrambled eggs and ham. Cook, uncovered, on high power for 6 to 7 minutes or till heated through, stirring twice. Top with reserved crumbs. Makes 6 servings.

EGG-SALMON TIMBALES

Cooking time of timbales may vary, so test at 12 minutes. Remove almost firm ones; continue cooking others—

1 cup cooked rice
3 beaten eggs
1 cup milk
1 8-ounce can salmon, drained, flaked, and bones removed
¼ cup snipped parsley
¼ cup sliced green onion

1 8-ounce package frozen peas in cream sauce

Combine rice, eggs, milk, salmon, parsley, onion, and ½ teaspoon *salt*. Set six 6-ounce greased nonmetal cups in 12x7x2-inch nonmetal baking dish; pour in salmon mixture. Pour hot water into baking dish to depth of 1 inch. Micro-cook, uncovered, at high power for 12 to 14 minutes till almost set, giving dish a half turn twice. Remove cups from water; cover (custard will continue to cook). In 4-cup glass measure combine frozen peas, sauce cubes, water, and butter according to package directions. Cook, covered, on high power for 3 minutes; stir. Cook, covered, 3 minutes more. Let stand 2 minutes. Unmold timbales; spoon peas over each. Makes 6 servings.

GREEK-STYLE MACARONI AND CHEESE

The final cooking is done at 50 percent power. This setting may be called medium, or by a number depending on the brand of microwave oven—



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2 cups cooked macaroni
1 8-ounce can stewed tomatoes, cut up
2 tablespoons snipped parsley
1 tablespoon all-purpose flour
½ teaspoon ground cinnamon

• • •

½ cup finely chopped onion
1 clove garlic, crushed
2 tablespoons butter *or* margarine
1 tablespoon all-purpose flour
2 cups milk
1½ cups shredded American cheese (6 ounces)
3 beaten eggs

In a 2-quart nonmetal bowl combine macaroni, *undrained* tomatoes, parsley, the first 1 tablespoon flour, and the cinnamon. Micro-cook, uncovered, on high power for 3 minutes or till slightly thickened, stirring once. Pour into an 8x8x2-inch nonmetal baking dish. In a 4-cup glass measure cook onion and garlic in butter or margarine on high power about 3 minutes or till tender. Blend in the remaining flour; stir in milk. Cook on high power, uncovered, about 4 minutes or till bubbly, stirring after each minute. Stir in cheese till melted. Gradually stir hot sauce into beaten eggs; pour atop macaroni. Cook at 50 percent power 15 to 20 minutes or till a knife inserted off-center comes out clean; give dish a quarter turn three times. Let stand 5 minutes before serving. Makes 4 servings. ■



Collar ring? Shout it out! Shout saturates, really penetrates tough stains. Even stains around Daddy's collars and cuffs. In fact, Shout saturates and penetrates so well, it's almost like spraying both sides of the stain at the same time.

Want a tough stain out? Shout it out!

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It is perfectly possible, nowadays, to spend more for a dinner wine than for the dinner itself—but that hardly makes sense unless you have money to burn. If you don't, you'd be smart to choose everyday wines for everyday meals, and buy those wines by the case or larger-than-usual containers.

Americans are supremely blessed in having a wide choice of everyday domestic wines of good quality at reasonable prices. No other country in the world has produced better vin ordinaire, particularly the red, white, and pink wines that come from California's warm interior valleys. They are marketed now in the new metric 1.5 liter bottles (the good-looking, double-size magnums) which fit easily into your refrigerator and usually cost $2.75 to $4.25 per bottle. They also are available in three- and four-liter jugs, and a few wineries also pack the wines in "Wine Taps," "Mini-casks," or "Cellars" sometimes holding more than four gallons. When you break down the cost of one of these giant containers to its single-bottle equivalent, you may find that the price amounts to around a dollar a bottle. That is a genuine bargain! The big casks are particularly practical for parties and even for wine-loving families.



What to look for in everyday wines

What's available

Most of our inexpensive everyday wines are blends of wines made from various grapes. They are labeled burgundy (red wine), chablis (white wine), or vin rosé (pink wine). These are *generic* names, of European derivation. You'll also find a few *varietal* wines (named for the predominant grapes used in the wine) among the good buys, though they will cost a little more than the generics. Ruby Cabernet and Zinfandel are the more economical red varietal wines; French Colombard and Chenin Blanc are the popular-priced white wine varietals; and the low-cost pink varietals are likely to be named Grenache Rosé or Gamay Rosé.

Helpful hints

Before buying any wine in a big container, it's a very good idea to sample the wine in the regular 750-milliliter size, just to be sure you really like it. Six different brands of wine labeled burgundy will have six different tastes, and you are very likely to prefer one to the others.

If you purchase a big four-liter jug of wine and won't be able to consume it within a few days or a week after opening, it is practical to re-bottle it in the standard 750-milliliter (close to the old fifth) size. Use a funnel to pour the wine into clean bottles and seal them with the best of the corks you've saved. Then keep the bottles cool until you need them. This way the wine will keep its fresh quality.

Although everyday wines are sturdy and will keep well for a few days after opening, it's wise to keep the leftover wine refrigerated. If there's just a small amount of wine, use it in cooking. Two or three tablespoons of burgundy in the beef gravy, or a little chablis in the cream sauce for chicken or fish, makes a good addition to a recipe.

Who sells the magnums

Many large-volume wineries produce liter magnums of generic wines, such as burgundy, chablis, and vin rosé, at exceptionally reasonable prices. The following wineries also offer the varietal wines listed below. They are normally priced a bit higher than the generics; the prices range from $3 to $4 (sometimes a few cents over) for this two-bottles-in-one size.

* Indicates the wine may also be available in large sizes—for example, three to four liters.

RED WINES

Almadén: Barbera, Ruby Cabernet*, Zinfandel*.

Colony (United Vintners): Barbera, Cabernet Sauvignon, Ruby Cabernet*, Zinfandel*.

Franzia: Cabernet Sauvignon, Ruby Cabernet*, Zinfandel*.

Gallo: Barbera, Ruby Cabernet, and Zinfandel*.

Inglenook Navalle: Ruby Cabernet* and Zinfandel*.

Los Hermanos (Beringer): Gamay Beaujolais and Zinfandel.

Paul Masson: Barbera and Ruby Cabernet.

Sonoma Vineyards: Ruby Cabernet and Zinfandel.

Winemasters (Guild): Ruby Cabernet and Zinfandel*.

WHITE WINES

Almadén: Chenin Blanc and French Colombard.

Colony: Chenin Blanc, French Colombard*, Riesling (Sylvaner).

Franzia: Chenin Blanc and French Colombard*.

Gallo: Chenin Blanc, French Colombard, Riesling (Sylvaner); Sauvignon Blanc.

continued

Drawing: Picard Didier



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ICEBERG ESTRELLITA SALAD

1 cup chopped tomato
1 cup green pepper strips
1 cup chopped cucumber
8-oz. bottle CATALINA French Dressing
1 cup corn chips
1 head California Iceberg Lettuce, cut in 6 wedges
¼ cup (2 oz.) shredded cheddar cheese

Combine tomato, green pepper, cucumber and ¼ cup dressing; toss lightly. Chill.

Arrange chilled lettuce in pinwheel fashion on serving platter.

Add corn chips to vegetable mixture; toss lightly. Spoon over lettuce. Top with cheese. Serve with additional dressing. 6 servings



KRAFT SALAD DAYS ARE HERE



LET THE SUN SHINE THROUGH THE IRISH MIST.



There's nothing quite as pleasing as a little liquid sunshine, that delicious combination of one part Irish Mist and three parts orange juice.

Delightfully imbued with a sparkling disposition all its own, a touch of liquid sunshine brings you the legendary taste of Irish Mist shimmering through a blush of orange juice.

And, if truth be known, it's as pleasing as a rainbow anytime, anyplace, anywhere... Liquid Sunshine.

IRISH MIST. THE LEGENDARY SPIRIT.

Imported Irish Mist® Liqueur. 80 Proof. © 1979 Heublein, Inc., Hartford, Conn. U.S.A.

continued

American wines

Inglenook Navalle: Chenin Blanc* and French Colombard*.
Los Hermanos: Chenin Blanc.
Paul Masson: French Colombard and Riesling (Sylvaner).
Sonoma Vineyards: Chenin Blanc and French Colombard.
Winemasters: Chenin Blanc and Green Hungarian.

PINK WINES

Almadén: Gamay Rosé and Grenache Rosé.
Franzia: Grenache Rosé*.
Paul Masson: Gamay Rosé.
Sonoma Vineyards: Grenache Rosé.
Winemasters: Grenache Rosé.

Who sells the wine casks

Each wine cask consists of a sturdy box lined with a plastic bag. As the wine is drawn from the leakproof spout, the bag shrinks around the wine. This keeps air from the wine and thus preserves its fresh quality. There are no corks to pull or bottles to dispose of, and the wine stays drinkable for several months. Most cask wine is generic: burgundy, chablis, or vin rosé.

Almadén: Minicask Wine Tap (3 gallons)—generic wines plus French Colombard and Ruby Cabernet.
Franzia: Franzia Wine Tap (3 gallons and 4.9 gallons)—generic wines.
Inglenook Navalle: Wine Cask (3 gallons)—generic wines plus French Colombard and Ruby Cabernet.
Roma: Bag in Box (3 gallons)—Cabernet Sauvignon, Zinfandel, Chenin Blanc, and Napa Gamay Rosé.
Summit (Geyser Peak): Summit Cellar (3 or 5 gallons)—generic wines.

Produced by Ruth Ellen Church ■



Want to learn more about serving, sipping, and cooking with American wines? Now there's a new wine guide to help you—the *Better Homes and Gardens*® "FAVORITE AMERICAN WINES and How to Enjoy Them." This 96-page book, which briefly describes more than 50 different American wines, is available April 16 for $3.95 wherever books are sold.

Slip into something Comfortcale.



Comfortcale is new.

There's simply no other sheet like it. With 20% more cotton, it's the first and only no-iron sheet that feels as beautiful as it looks.

Comfortcale is more cotton.

More cotton for more comfort, Comfortcale is a Royal Family exclusive, available in select patterns that range from the frankly feminine to bold-spirited statements.

Shown here, "Windrush." Delicate white flowers on a field of blue or almond. Just one of many fully coordinated bed and bath ensembles with sheets and pillow cases in Comfortcale: 60% cotton/ 40% polyester.

Royal Family by Cannon.

Cannon Mills, Inc., 1271 Avenue of the Americas, New York, N.Y. 10020.



Now you can program a perfect meal with one incredible touch.

Our highly advanced microwave oven has just about all the features you've ever heard about and then some.

But what really sets the Quasar oven apart is the fact that you don't have to use those features to make a perfect meal.

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Then all you have to do is wait, briefly. As you wait, a sensor inside the oven—it's actually a microcomputer—automatically determines how long the food must cook and then shuts the oven off when it's done.

Then you take out the food. And enjoy. The new Quasar microwave oven. It's incredible. And incredibly easy.



Quasar
makes cooking special again.
Quasar Electronics Company, Franklin Park, Illinois 60131

CRAFTS

Special effects with smocking

The art of smocking is enjoying a revival, and with good reason. Smocking is an easy way to give store-bought fabric a one-of-a-kind look.

Just what is smocking?

Smocking is a type of decorative embroidery used to gather fabric into regular folds and give it a nice, even fullness. Whether done by hand or by machine, smocking is always stitched on the fabric before the garment is assembled.

Choosing your weapons

If you are just learning how to smock, it's best to select a fairly lightweight material that will gather easily without a lot of extra bulk. Linen, silk, soft cotton, nylon, voile, and lingerie fabric are good choices. After you gain some experience, try using a heavier fabric, such as denim or corduroy. Remember to allow adequate width in the fabric for smocking—three times the finished width for light fabrics and twice the finished width for heavy fabrics.

Use either pearl cotton, embroidery floss, or linen thread for smocking, depending on the fabric. Do not use a heavy pearl cotton on lightweight silk or nylon. Separate the strands of embroidery floss when you're working on an especially light fabric. Select a strong thread for heavy fabrics.

Remember that a simple color scheme enhances the smocking and puts more emphasis on the embroidery design. Keep this in mind when selecting your colors; use either matching colors or colors with a subtle, pleasant contrast.

Marking your design

Plan your smocking design carefully before marking the fabric or working the stitches. It's sometimes helpful to count the number of rows in a design if you are working a definite pattern.

continued





Now that I'm a working woman, I appreciate people who understand my schedule. Like Ethan Allen's interior designer. She comes to our house after 5.

"OUR HOME LIFE STARTS AFTER 5,

SO WE FOUND A STORE TO HELP US CREATE THE KIND OF ENVIRONMENT THAT MAKES THE MOST OF OUR TIME TOGETHER."

Meet Jane and John Weil and their children. Fifth in a series of stories about the kind of people who furnish their house, <u>their</u> way, at Ethan Allen.

"Our day starts early. We drive our daughter Lindsey and our son Tom to school every morning on our way to work, then they take the bus home together. We all help with supper. That's our time to be together. In our house, it's easy and fun. Because our kitchen/dining/living area is all one big, beautiful space.

For the hub of our house, Ethan Allen's interior designer suggested a round extension table and Windsor chairs. Beautiful for entertaining, yet stands up to our everyday meals. We love it. For the living area, we're glad we chose Ethan Allen's modular seating. Roomy, comfortable with a clean, uncluttered look. At a comfortable price, too.

It seems Ethan Allen has just what it takes to help a two-career family like ours furnish and organize our house so we can all make the most of our time together.



Lindsey dipped those candles herself at school, so we bought this pair of brass candlesticks from Ethan Allen to set them off.



John and his Ethan Allen recliner are practically inseparable after dinner! Lindsey's showing him her latest poem.

Ethan Allen Galleries



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE YOUR WAY.

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continued

Smocking

Keep your design in balance, using patterns and stitches that go well together.

When transferring your smocking design to fabric, you have the choice of using either an iron-on stamped pattern or marking the design by hand. If you decide to use an iron-on transfer pattern, align it with the weave of the fabric and press the design to the wrong side. Be sure to test the iron on a sample piece of fabric to make sure the design prints clearly and evenly.

To mark your design by hand, use a sharp, hard lead pencil and a yardstick or measuring tape. Space your dots according to the weight of the fabric—a heavy material calls for widely spaced dots, whereas a lightweight fabric requires more closely spaced dots.

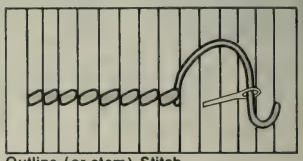
Starting to stitch

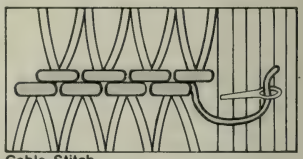
Begin working your smocking design on the right-hand side of the fabric by stitching rows of gathering threads (like a running stitch) across each row of dots. Knot one end of a piece of strong thread and start sewing the first row of dots, picking up a few threads of fabric at each dot. When the first row is completed, leave the end unknotted and begin stitching the second row, using a new piece of thread. When row 2 is complete, tie the loose ends from the first two rows together. Repeat this procedure until you have stitched a row of dots. Remember to tie *two* threads together after completing the rows of stitching.

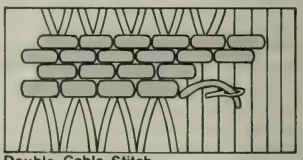
To gather, pull the threads gently along the right-hand side of the material. Distribute the weight of the fabric along the gathering lines until the fabric is the correct width and is made up of closely and evenly spaced folds or tubes.

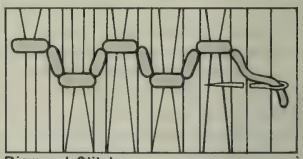
Time to smock

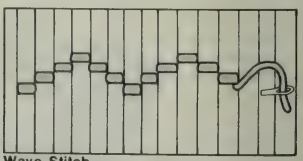
You are now ready to begin smocking (or embroidering) your gathered fabric. The basic smocking stitch is the outline or stem stitch shown in the diagram below. The outline stitch is generally used as a border to give your design a firm foundation. Work this stitch, and all of the stitches shown in the diagram, using the dots you've marked on the fabric as a guide. Be sure to cut pieces of thread long enough to complete entire rows. Then you'll never have to stop and start in the middle of your design. The only knots should appear on the left-hand side of the fabric, where you've started each row of smocking.


Outline (or stem) Stitch


Cable Stitch


Double Cable Stitch


Diamond Stitch


Wave Stitch

The cable, double cable, diamond, and wave stitches are among the most popular smocking stitches. ■





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It's the Strawberry Dream Pie you whip up with cream cheese, strawberries and DREAM WHIP® Whipped Topping Mix.

It's the Dream Whip that gives every Dream Pie its creamy light texture and fresh luscious taste.

Whip up a Strawberry Dream Pie tonight. It's quick and easy, and your family will love every creamy light bite.



Strawberry Dream Pie

1 pint strawberries, hulled
JOHNSTON'S® Graham Cracker READY CRUST®*
1 envelope DREAM WHIP® Whipped Topping Mix
1/4 cup sugar
1 package (8 oz.) cream cheese, softened
1/2 teaspoon vanilla (optional)

Arrange whole strawberries in bottom of pie crust. Prepare whipped topping mix as directed on package. Gradually add sugar to cream cheese in bowl, blending well. Add vanilla. Fold in whipped topping and spoon into pie shell over berries. Chill at least 3 hours. Garnish with additional whole strawberries, if desired.

*Or use 10 JOHNSTON'S® Graham Cracker Tart Shells.

Dream Pies. The creamy light difference is DREAM WHIP.®

GF GENERAL FOODS

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Spread it around on hamburgers.



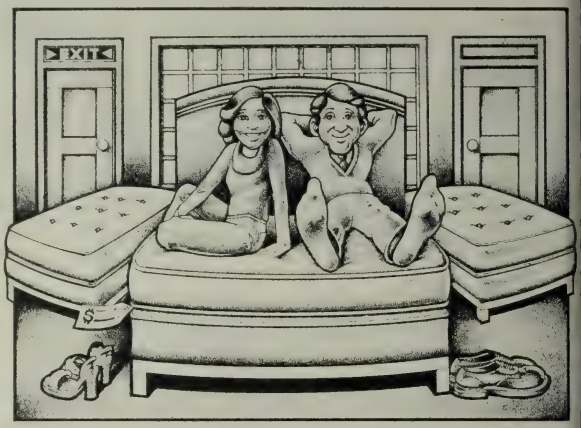
Spread it around on cold cuts.



Spread it around in dips.



Big H™! Great on burgers.
Great on everything.
Spread it around America



Mattress buymanship

You and your family spend one-third of your time asleep. Although a good mattress may seem a sizable investment, remember that you are buying 30,000 to 45,000 hours of solid use for the next ten to 15 years. Shop for as much quality as your budget will allow; a "bargain" mattress is no bargain when it comes to comfort. Here are guidelines to help you choose wisely.

What size?

The size mattress you need depends on how big you are, whether or not you share the bed, and how much stretching and moving about you do in the course of a night.

As a general rule, a mattress should be at least six inches longer than the person sleeping on it. If you are a six-footer, you won't be comfortable on a standard mattress that's 75 inches long. Twin- or double-bed widths are available in 80-inch lengths. Or you can opt for the 80 inches of length that are standard for king- or queen-size mattresses.

As for width, a standard twin bed is 39 inches wide, and a double bed is 54. If two persons are sharing the double bed, each has just 27 inches of space, just about the width of a crib mattress.

A queen-size bed is 60 inches wid Although that's only three inches mo space per person than a double b provides, it makes a large difference terms of comfort. A king-size bed (7 80 inches), or two twin beds butt together, with a king-size headboar are approximately the same size terms of sleeping space.

Any bedroom that holds twin be will also accommodate a queen-siz A king-size bed generally requires room that's at least 12 by 15 feet. In room that's any smaller, an oversi bed will most probably end up pushe against the wall, and making the b will be a problem.

Firm or soft?

The only way to determine the ma tress type most comfortable for you soft, hard, or somewhere in between is to test for yourself. Take off yo shoes and lie down on mattresses in t store. Roll around a bit just as y would in your sleep. If two people w share the mattress, test it togeth Double occupancy requires mattre coils with independent spring actio so the lightest weight person won't r toward the middle.

continued on page 103

Drawing Dynamic Corporation





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For you, the vintage date adds yet another dimension to the enjoyment of our classic varietal wines. Because each vintage expresses



subtle differences that are uniquely its own. Differences you may taste and enjoy.

Also, while all our wines are ready to drink when purchased, you may enjoy setting a few bottles aside. Here you will find the vintage date invaluable in giving the wine the additional aging you desire.

On our classic varietal wines, you will also find the birthplace of our children. For example, Monterey County on our Cabernet Sauvignon. And San Benito County on our Pinot Chardonnay. Each variety of grape has its own special needs. And so we take great care in finding the best possible home for each of our children, the grapes of Almadén. A home that provides ideal conditions for them to grow and ripen to perfection.

We invite you to enjoy the incomparable quality of these fine vintage-dated varietal wines. And you will find this same dedication to quality in our entire family of Almadén wines.

ALMADÉN

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Celebrate Arthur Fiedler's 50th Anniversary concert with the Boston Pops on PBS Tuesday evening, May 1; made possible by a grant from Almadén Vineyards, Inc. Please check your local listing for times.

Source comparative 'tar' and nicotine figures: FTC Report May 1978.
Of All Brands Sold: Lowest tar, 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette.
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



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As low as you can go and still get good taste and smoking satisfaction.

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Continued from page 98

Mattress buymanship

For many years, the axiom has been "firm is better," and doctors traditionally have recommended hard mattresses for patients with back problems. If you need an especially firm mattress, there are some good ones with back boards built into the foundation, or with heavy-gauge coils and extra strong perimeter wire.

Recently, however, mattress manufacturers have discovered that not everyone is comfortable on a hard or even semihard mattress. Several companies have introduced super soft innerspring mattresses, all of which feature firm support beneath their plush tops.

Some of these mattresses have cushions of extra soft urethane foam and polyester on the top, similar to the luxury pillow backs on some higher priced sofas and chairs. Other models combine 16-gauge spring units and several layers of softer density foam and other materials, quilted to the main mattress. Many soft-top mattresses are two or three inches thicker than standard models.

Most of the extra soft mattresses being manufactured are top-of-the-line models, and some are not available in all areas of the country.

Mattresses specifically designed for platform beds are now on the market. These mattresses are meant to replace the traditional mattress and box spring combination.

Don't think a regular foam mattress will do for a platform bed. Without a box spring to cushion it, the life of a standard mattress will be cut in half, and it will "bottom out" into an uncomfortable sleeping surface in a few years.

New on the market are platform beds with box-spring-type foundations concealed in the bed construction. These new platform beds are meant to support a regular mattress.

Speaking of foundations, you would be wise to invest in a new box spring when you buy a new mattress. The cost will be about the same as the mattress.

Buy the foundation specifically designed to accompany your mattress. It will reinforce the support where needed and help extend the life of your mattress.

photo proof of amazing University tests –





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UNIVERSITY TESTS PROVE FAST RESULTS WITH SAFETY – Plant No. 3 (below) received most liquid plant food yet showed no signs of burning or forced growth.





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Check points

Take a close look at brochures and specifications. Read the hangtags and labels attached to the mattress. Some stores display cutaway models or drawings that illustrate the construction of the mattress interior.

Warranties should be in writing. Most brand-name mattresses are made by established companies and are guaranteed for ten to 15 years. Some companies also offer limited warranties up to 20 years. The mattress warranty may specify that defective mattresses must be returned to the factory. If this is the case, check to be sure that the store will replace your mattress if something goes wrong.

Construction

Not counting the water bed, there are basically two types of mattress construction: innerspring and foam. Both kinds should give firm support and conform to your body as well.

Innerspring mattress. A full-size double bed innerspring mattress should contain about 310 knotted-end coils, and a queen-size close to 400 coils. Approximately 480 coils are considered sufficient for a king-size mattress. More coils do not necessarily make the mattress better, just heavier.

The thickness of the wire and the arrangement of the coils are more important than the number of coils. Heavier gauge means firmer support and usually a more durable mattress.

The number of coil convolutions (or turns) also makes a difference. A seven-turn mattress, for example, is stronger, and probably more expensive, than a five-turn model. Springs should be stronger in the center, where most of your body weight will be.

Coils should be coated with latex to prevent noise and squeaks, and with baked-on enamel to prevent rust.

A special insulator on top of the spring unit—a flexible sheet of steel wiring or a sheet of quilted cotton or sisal—will keep the padding from working down into the coils.

Padding is also important. It costs more to add five pounds of padding to a mattress than it does to add an extra gauge of wire to the springs, so generous padding indicates higher quality. The padding will cushion you from the coils and may be of cotton, Dacron felt,

continued

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BHG 5 '79

continued

Mattress buymanship

foam, or a combination of these materials.

The padding should be well secured to the innerspring so it won't bunch up in areas of greater use.

An innerspring mattress will generally wear longer than a foam mattress of the same price.

Foam mattress. Both latex and polyurethane foam are used to make foam mattresses. The better and more costly of the two materials is latex, a slab of 100-percent pure rubber that is molded in a liquid state and hardened. The structure of the foam may be pincore (with tiny holes) or honeycomb (with larger holes), depending on the manufacturer.

Urethane foam mattresses are manufactured in large slabs and cut to size. High resiliency solid-core foam provides the best support. Cheaper mattresses may be of shredded foam.

Pick your foam mattress by the weight or density of the foam. It should cushion the body, yet be firm enough so it does not sink down too far when you lie on it.

What's outside?

The gray and white striped ticking of the past has been replaced by woven damask or cotton and polyester blends.

Ticking may be tufted, smooth-topped (in which case interior tufting is used so the cover and filling will not slip around), or quilted. Closely woven heavier fabric will give more wear than a loose, light weave.

Check the edges of a mattress to see that they are reinforced, so they will be sag-free no matter how many times you sit or lie on the edge. Top-quality mattresses have machine-stitched tape around both top and bottom edges. On less expensive models, edges will simply be rolled.

Side handles on good mattresses will be made of cord, steel, or plastic. Cloth handles, or handles held in place by an eyelet instead of a metal plate, may give way with repeated turnings.

An innerspring mattress should have four or more metal or plastic ventilators in the side.

Cost

Most companies produce mattresses in several quality and price groups. If your budget dictates a lower priced mattress, buy a reliable brand. The construction should be sound, although the materials will not be as good as in a more expensive model. The mattress will simply not last for as many years as you might like before it begins to sag.

You can buy a reasonably durable twin-bed mattress (either innerspring or foam) for around $100, though a really high quality mattress will be closer to $200 for a twin size, especially with the new softer top. Double-bed sizes are generally about $20 higher.

King- and queen-size mattresses are sold mostly as part of sleep sets, with matching box springs. Queen-size sets range from $350 up to around $900. King-size sleep sets are about $150 higher, starting at about $500.

Mattresses for platform beds start around $160 for twin sizes and go up to almost $900 for kings. The cost is higher than a standard mattress because you are actually buying both a foundation and a mattress in one unit. ■

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WCI

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And because Kelvinator is aware of your concern about the conservation of energy, all of our room air conditioners have remarkably efficient energy-saving features. All models have automatic thermostat control with a specially marked setting identifying the temperature range where significant energy savings can be achieved. The chassis and cabinet of each unit boasts heavy-duty insulation where the separation of heat and cold is essential. This insulation not only saves energy, but reduces the sound level of the unit as well.

This summer, enjoy cool comfort on sweltering, humid days. Get a good restful sleep on hot, stuffy nights. See your Kelvinator dealer now. He loves a cool customer.

65 A 65 year commitment to excellence



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Arctic Lights: Kings & 100's

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0 .8 mg. nicotine av. per cigarette by FTC method.

Grow vegetables in a tiered garden

Solve your narrow-space growing problems by stacking vegetables in tiered planters. These ten-inch-wide planting steps are held in place with 2x12s of rough redwood anchored by metal holding rods.

Marigolds at the base provide bright color as well as doing their part in discouraging vegetable pests. Growing on the tiers are broccoli, basil, and beets; lettuce and tomatoes; and at the top, more tomatoes plus corn.



Photographer: Richard Braun. Designer: Dr. Alan Peters. Architect: Hasen Heilbrun.

Choosing a location

If you have a choice of where to set up your tiered garden, here are two things to consider. First, plants need air. Because buildings, fences, and walls tend to obstruct the free flow of air, protected gardens tend to be somewhat warmer and also more susceptible to unwanted fungus diseases.

Second, remember that the side of a house, garage, or fence, or a cement patio, will reflect a fair amount of sun. Coupled with lower air circulation, this added heat can make it more difficult to grow cool-season vegetables such as lettuce, spinach, beets, and chard. For best results, concentrate on the warm-season crops such as squash, tomatoes, eggplant, melons, and cucumbers. In recent years, great strides have been made in developing compact varieties of vegetables that require less room.

Providing soil and mulching

Providing soil for a tiered garden means starting from scratch or buying a commercial soil mix. When mixing your own, use equal amounts of soil, perlite or vermiculite, and peat moss. Add organic sources of nutrients such as lime, rock phosphate, and cottonseed meal, or add a chemical fertilizer following the package directions for the amount to use. Mix materials thoroughly and allow them to settle into the steps before sowing seed.

Mulching is an important part of tier gardening because the shallow tiers dry out faster than regular beds. Frequent watering is imperative. To minimize care on your part and ensure plenty of moisture, you can install a drip irrigation system.

Once you get your tier garden in place, you'll find it's also a handy spot to start vegetable transplants. ■



"New Weldwood Racquet Club Paneling can turn any room into a smashing success."

-John Newcombe

Trophy.



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New Weldwood® Racquet Club paneling can make any room in your home a showplace for what's special to you. It's got the rich, full-grained look of mellow butternut wood. In four handsome shades.

And our Racquet Club isn't expensive to join.

It's reasonably priced, and even more so when you consider your savings on paint or paper over the years. Because paneling is built to last and look great for a long time.

The net result is this: new Weldwood Racquet Club paneling can give you the warmth and atmosphere you've been looking for in a den, basement, or just about anywhere.

To see new Racquet Club and all the other styles of famous Weldwood paneling, see your nearby Headquarters/Champion Building Products® Dealer. He's got a complete selection of Weldwood paneling in styles, textures and prices to fit every room of your home.

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PANELING

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HCD 004 9

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GROCER: As our agent you may accept this coupon from retail customers if you receive it on the sale of the specified product. We will reimburse you for the face value of this coupon plus 5¢ for handling. Any other use may constitute fraud. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted or wherever prohibited by law. Consumer must pay any sales tax. Send to the Quaker Oats Company, P.O. Box 4106, Oak Park, Illinois 60303. OFFER LIMITED TO ONE COUPON PER PACKAGE.

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GROW YOUR OWN!

Cut Flowers

By Steven Coulter

Plant now to have plenty of flowers for indoor bouquets all summer and fall. Roses, annuals, perennials—even tree and shrub branches—are all good candidates for indoor arrangements. You may even elect to plant a cutting garden—a bed of flowers *intended* for plucking.

Don't limit yourself to fresh bouquets. Plant these to dry for winter arrangements: strawflower, statice, ammobium, acrocli-nium, lunaria (silver dollar or money plant), globe thistle, helipterum, wood rose, globe amaranth, bells of Ireland, cocks-comb, Chinese lanterns, and yarrow.



A pitcherful of cottage tulips simply shouts spring. You can create a big, lush bouquet from a dozen blooms. Or, divide your cuttings into smaller groups and place them around the house.

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Trophy



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Then start polishing your trophies.



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any flavor
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Behold® cleans greasy marks better than Pledge.
If you're a Pledge user, get a can of Behold and put it to the test. Both are fine for shining, cleaning and protecting, but Behold cleans greasy marks better...and costs less, too!

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GROW YOUR OWN

Cut Flowers

By Steven Coulter

Plant now to have plenty of flowers for indoor bouquets all summer and fall. Roses, annuals, perennials—even tree and shrub branches—are all good candidates for indoor arrangements. You may even elect to plant a cutting garden—a bed of flowers *intended* for plucking.

Don't limit yourself to fresh bouquets. Plant these to dry for winter arrangements: strawflower, statice, ammobium, acrocinium, lunaria (silver dollar or money plant), globe thistle, helipterum, wood rose, globe amaranth, bells of Ireland, cockscomb, Chinese lanterns, and yarrow.



A pitcherful of cottage tulips simply shouts spring. You can create a big, lush bouquet from a dozen blooms. Or, divide your cuttings into smaller groups and place them around the house.

CUT FLOWERS

Be creative. Don't hesitate to clip and carry flowers indoors simply because you've never studied traditional flower arranging. Professional styling has its place, but a handful of flowers placed casually and naturally in one of your favorite pitchers or vases can be equally charming.

Position your gifts from the garden all over the

continued



Concentrate on one color. Sunny yellow stands out in this old jar, *right,* full of goldenrod, queen-anne's-lace, yarrow, dock, zinnias, marigolds, and brown-eyed susans. The contrast of the browns adds extra punch to the golds.



Combine just a few flowers with a lot of imagination. Two stems of lilies in one vase keep company here, *right,* with a few delphiniums in an old bottle.

Let posies come to dinner. Flowers add a festive touch to any meal. This informal breakfast trio, *opposite,* features a pig pitcher sporting herbs: rose geranium, both basils, mint, parsley, and salvia; a glass bottle holding tarragon, basil, and parsley; and a mustard jar filled with geraniums, zinnias, marguerites, bachelor's-buttons, delphiniums, and geranium leaves.



Photographs: William N. Hopkins; Mars/Semel. Floral design: Cynthia Rich Thurber. Source: Estelle Bond Guralnick

CUT FLOWERS

house: a nosegay at the kitchen sink or breakfast table, a single bloom in a bud vase on the bathroom sink or bedside table, a cluster of flowers beside a favorite armchair.

Don't overlook herbs. They're easy to grow, decorative, and fragrant. Choice ornamental herbs include tarragon, dill, basil, scented geraniums, and parsley.

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Let one flower predominate. Snapdragons form interesting vertical lines in this fireside arrangement, *right.* A few golden coreopsis add contrast, and a little rose geranium provides greenery.



One big, exuberant bouquet provides a focal point for this corner, *right.* Shades of blue and red keep the arrangement elegantly restrained. Filling the wine bucket are delphiniums, coralbells, dahlias, snapdragons, and hardy lily buds.

Brightly colored flowers aren't always necessary. For a change of pace, mix the different textures and colors of various foliages. This interesting assortment, *opposite,* combines queen-anne's-lace in bud, artemesia, and two kinds of basil—green and purple.



COME HOME TO COLOR

BY SHIRLEY VAN ZANTE AND LAUREL LUND

When it comes to decorating a home, color is the key. Color has no price tag, yet it's worth its weight in gold if you know how to make it work for you. You can use it to mask less-than-perfect proportions, meld a mixed bag of furnishings, communicate a mood, or help state your personal style.

And, color comes in many forms. You can introduce it into a room with a favorite fabric, a treasured collectible, a broad sweep of carpet, or a deft stroke of paint.

With today's wealth of tints and tones to choose from, you can make the most of color's capabilities. Take a cue from our rooms. We'll show you how to unlock the door to some great decorating ideas, and come home to color.

Color doesn't have to come straight from a paint can to become an effective decorating tool. In any scheme, pattern can play as important a role as pure color. This dining area gets its snap from a liberal amount of pattern-on-pattern: a medley of designs of different shapes, colors, sizes, and scales. The secret to the successful meld lies not only in the selection of prints, but also in their distribution.

Strong patterns like these work best when one gets star billing and the others take secondary roles. In this room, the oversize plaid design used to cover the country French chairs takes the lead. A secondary pattern, the medium-scale stylized floral fabric, is used to frame the single window, while white shutters filter light in the bay. Still a third pattern, a blue and white mini-check, is introduced on the walls. Because the design is small in scale, it appears as a "solid" color. Therefore, it adds more pattern punch without vying for visual attention with the more dominant patterns in the design scheme.

Buying information, page 184



Photograph/Source: Jessie Walker. Design: Elaine Sherman, ASID



CREATE A COLOR COUP WITH UNEXPECTED COMBINATIONS

A joyful rebellion against stereotyped color customs changed this once ordinary bedroom into a very personal retreat. And all because the homeowners weren't afraid to combine two unlikely colors and use them where they're least expected.

Deep saffron paint covers the room's high ceiling, visually lowering it and adding a surprise note of color to an often-ignored decorating surface.

But the real color coup here is combining two unrelated hues in the same space. When peach walls are teamed up with the saffron ceiling, each hue is sharpened and defined because the colors are equal in intensity.

To add even more daring to the decorating scheme, garnet red batik fabric is used as an accent. The stylized floral print adds a refreshing touch of color to a pair of antique English papier-mâché chairs and appears again in the grouping of giant-size bed pillows.

A handsome Oriental screen serves as a unique headboard.



TIE A MISCELLANY TOGETHER WITH A MONOCHROMATIC SCHEME

If your living room is a melting pot of mixed-heritage furnishings, tie them together with color. Here, a monochromatic color scheme does the trick.

Rich terra-cotta paint covers the walls, providing a dramatic backdrop for the design scheme. And because dark colors tend to "recede," making a room appear smaller than its actual size, the terra-cotta tone gives this study/guest room an intimate and inviting feeling.

The same hue appears in the bold plaid cushions on the wicker chair and in the background of the handsome dhurrie area rug.

To prevent the all-of-a-color scheme from becoming tedious, bold accents of black, white, and gray are interspersed throughout the room. Deep charcoal gray percale trimmed in terra-cotta dresses the windows. And a black and white abstract painting above the wicker chair creates a "window" of light—providing further visual relief from the deep, rich tone of the walls.



HIGHLIGHT A FAVORITE FURNISHING WITH NEUTRALS

When you want to focus attention on a favorite furnishing, fabric, or accessory, surround it with subtle color. In this inviting living area, a soothing no-color scheme serves as a background for a geometric-pattern kilim area rug.

In order to complement, rather than compete with, the earthy brown and terra-cotta tones of the area rug, walls were covered in a subdued beige and white mini-print paper. Window moldings and woodwork were given several coats of white paint to play up their architectural detail.

This neutral color scheme highlights the area rug beautifully. But the danger in creating a no-color scheme lies in allowing things to become a bit too bland. Here, an interesting interplay of texture rescues the room from monotony. Matte finishes—like the woven area rug, nubby oatmeal-colored upholstery on the sofa and love seat, batik print pillows, and shirred demi-curtains—absorb light and create a restful "canvas." But it's the reflective surfaces—like the glass-topped packing crate coffee table, shiny bare wood floors, and the polished gleam of the rocker and wooden stools—that add sparkle and vitality to the room.

Photograph: Robert Hawks
Location: Designers' Showhouse IX, Kansas City, Mo
Design: Karen Marcus of Halls Crown Center.
Source: Jean Kygar Eblen





MINIMIZE LESS-THAN-PERFECT PROPORTIONS WITH PATTERN

Color and its decorating ally, pattern, can perform myriad tasks in any room of the house. It can help "square up" a long and narrow room, lower a too-high ceiling, and visually expand space. Color can also help maximize a room's architectural assets and minimize its defects.

In this delightful guest bedroom, a profusion of pattern helps camouflage an assortment of awkward architectural angles. The walls are covered with vinyl-coated blue and white batik fabric that draws the eye away from the sloping ceiling and angled walls, and gives the room a cozy, country look. Complementary patterns were used for the quilted bed cover and dust ruffle, headboard, and Parsons-style ottoman.

When you're putting together several patterns like this, make sure they have a common denominator. Here, it's continuity of color that makes the mix work. Disparate as the fabrics are in design, they're all coordinated by the same delft blue.



REJUVENATE THE TIMEWORN WITH COLOR

You can magnify architectural assets and make the most of a turn-of-the-century room with deft use of color and color accents.

Instead of opting for the pale palette that typifies traditional decor, these homeowners used some color courage and covered the walls and woodwork with dusky primary hues. Sunny yellow wallpaper decorates the walls above dado height, camouflaging an aging wall surface and adding vitality to a once dreary space.

To emphasize the room's early-era architecture, gunmetal gray paint was applied to the dado, ceiling moldings, and window woodwork. The mellow tone blends beautifully with the soft gray marble that frames the fireplace mantel yet makes a refreshing contrast to the soft yellow-tone walls. It is this color contrast that helps define the room's perimeters and creates a cozy mealtime retreat.

The polished gleam of the dining room furnishings also offers textural contrast to the matte look of the walls and woodwork.



How to start a WATER GARDEN

By Beverly Garrett





Photographs: Bill Helms, Semarco. Source: Bonnie Maharam. Gardens: Scherer & Sons

Water lilies, lotus, and other aquatics may be legends along the Nile and in the Orient, but they'll grow equally well in a tub or pool on your patio. These elegant plants need little care; give them a still pool of water in a sunny spot and you'll have exotic flowers all summer. Check here for tips on pools and plants; then start your water garden.

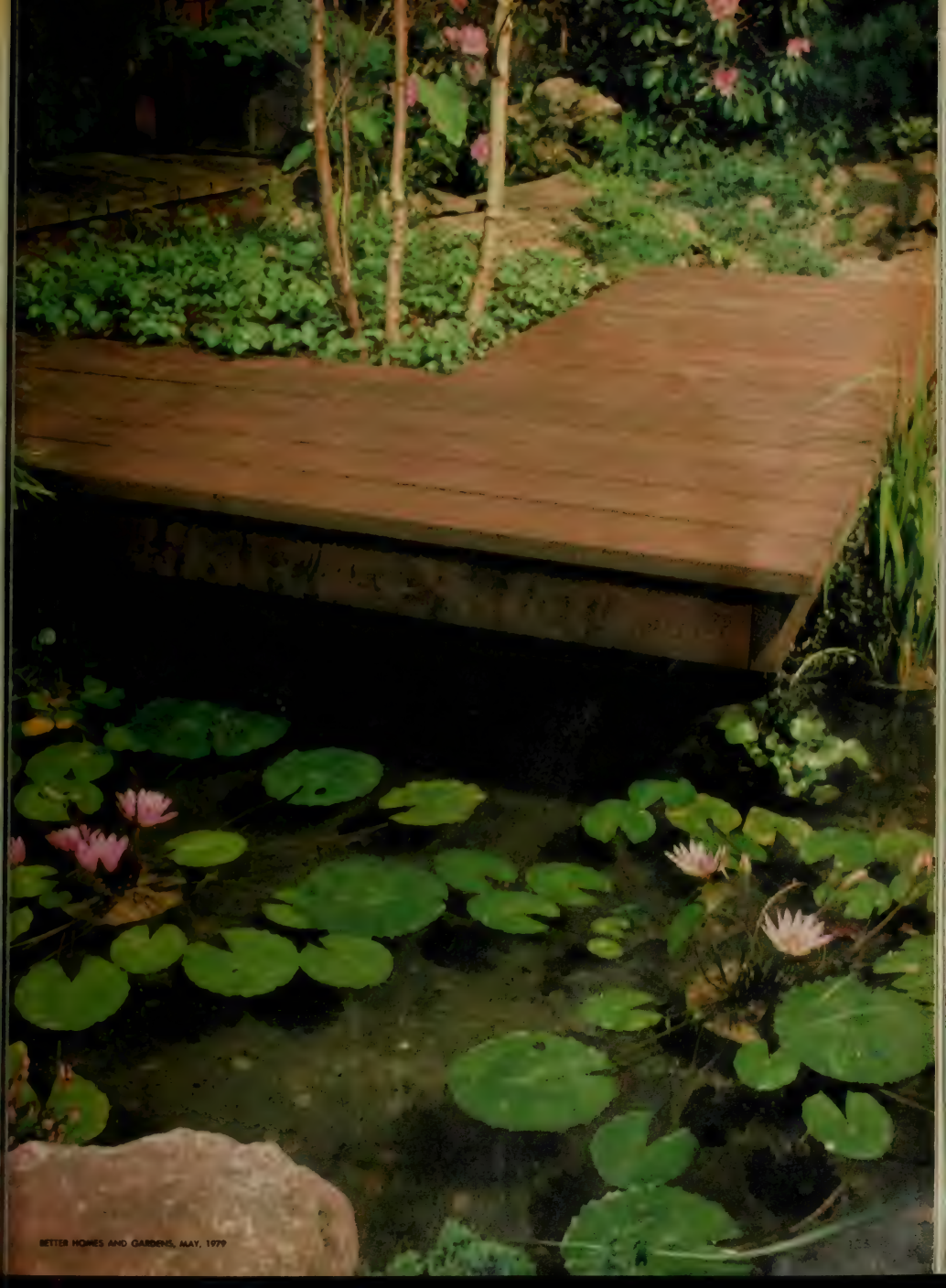
Water garden how-to

Water plants grow in soil-filled containers submerged under water. Planted containers can be sunk in decorative pools, or—if the containers are small—inside larger water-filled tubs or galvanized containers. If you're using a single large plant in a big tub, you can plant in the bottom of the container, then fill the tub with water.

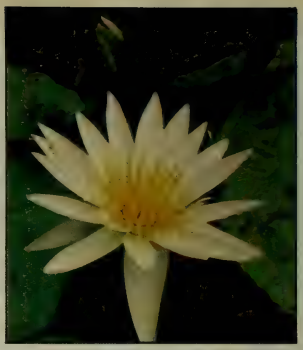
You can buy a preformed plastic or fiber glass pool and sink it into the garden without much effort. Or, you can make your own pool of concrete. It should be at least one foot deep. If the pool is deeper, use bricks or rocks to prop the plant containers up to the proper planting level.

At planting time, fill the container with garden loam and incorporate

continued



WATER GARDENS

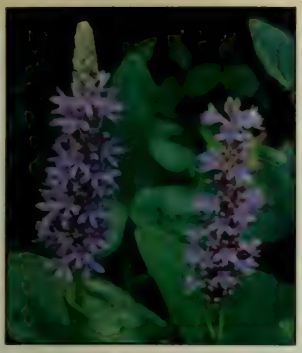


slow-release fertilizer at the rate suggested by the manufacturer. Add clay to the mix for lotus. Do *not* use compost, peat moss, or dry manure in the soil mixture. (See specific planting instructions that follow.) After planting, cover the top of the soil with a layer of sand.

Hardy water lilies. These classic favorites bloom from early summer till frost. Plant after the water warms in late spring. Water lilies are available in a host of colors and in either standard or pygmy varieties. Plant only one standard per

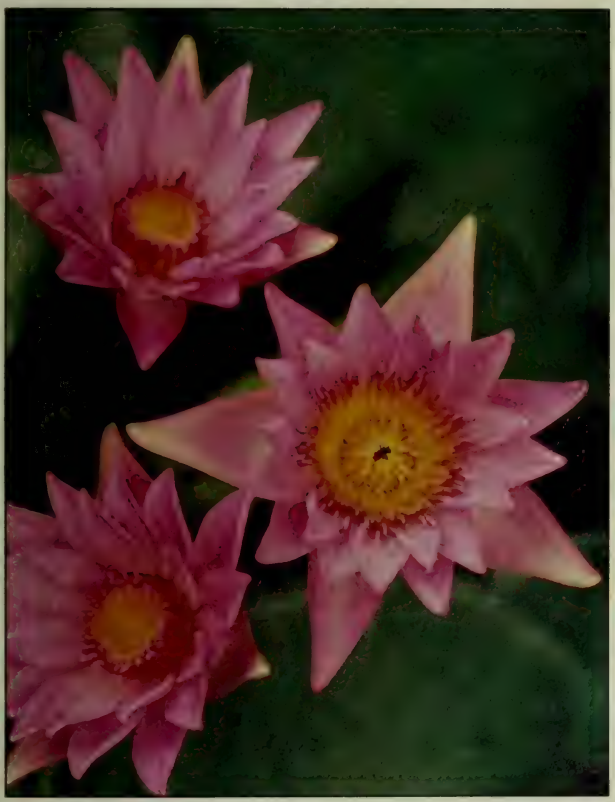
continued on page 183















Opposite below. The fragrant lotus.
Opposite top. Tropical water lily Mrs. George H. Pring is also on our cover.
Above. Tropical water lily August Koch is a fragrant, prolific bloomer.
Top left. Pickerel weed *(Pontederia cordata)* blooms in midsummer.
Top center. Water iris are available in both early- and late-blooming varieties.
Top right. Mrs. H.C. Haarstick is one of the night-blooming lilies.
Center right. Sinensis *(Sagittaria graminea)* flowers in early summer.
Bottom right. A midsummer water poppy *(Hydrocleys nymphoides).*

To order our collection of water plants, see page 208.

HOW TO PUT TOGETHER A CO-OP PARTY

By Marlene Brown



Photographs: Lyon Food Stylist: Mable Hoffman Source: Helen Heikamp

If the idea of throwing a party throws you, opt for a co-op! Collaborating with a group on the planning, the work, and the cost of any festivity—from an intimate breakfast to supper for a crowd—can make a gathering that's all for fun and fun for all.

To get started, assemble your friends for a pre-party conclave. Settle on a theme, a menu, and a setting, and assign one part of the meal to each person, family, or couple. At the party, join forces to put the spread together.

To show you the concept in action, we've staged three co-op get-togethers, complete with the planning tactics, menus, and recipes. Put on a classy breakfast at the park, a cook-at-the-table Japanese dinner, a new-fashioned family reunion supper—or dream up your own party plan. Forming a co-op lets you pull off lots of great get-togethers you might not have the resources to do on your own. And you'll find that cooperation pays big dividends in fun and fellowship!

A POSH PICNIC BREAKFAST

If you've ever wanted to have the gang over for a gourmet meal, this posh picnic breakfast, produced co-op style, is the way to do it.

Eight people can easily put together the open-air repast because the picnic delicacies are long on flair but short on bother. All of the food, from the champagne aperitif through dessert coffee and cookies, can be partly prepared ahead. You can easily tote this feast and complete it at the party site, whether you choose to go to a nearby city park or a scenic spot in the country. To underscore the elegant ambience, use your table finery in lieu of the usual picnic throwaways. **continued Party planner and recipes begin on page 138.**

Buying information, page 184

MENU

Early Riser's Champagne Sipper
Breakfast Antipasto
Eggs "Wellington"
with Spinach Sauce
and Assorted Toppings
Canadian Bacon Alfresco
Lemon-glazed Savarin
Café Jamocha
Cookies



HOW TO PUT TOGETHER A CO-OP PARTY

A TRADITIONAL JAPANESE DINNER

MENU

Japanese Beer
Chilled Tofu Hors d'Oeuvres
Duck Soup
Shabu-shabu (Oriental Hotpot)
Seafood Yaki (Broiled Kabobs)
Green Rice
Chestnut Cake
Sake

An intimate Japanese dinner is a natural for co-op treatment. In keeping with Oriental tradition, the hub of activity at this dinner-for-six centers around the communal pot and a tabletop grill, where each participant cooks his or her own food.

Garnished chunks of chilled tofu (also called soybean curd) set the stage for this Far Eastern presentation. Assemble the tofu on a bed of crushed ice at the party site, and serve it with Japanese beer. Next comes the Duck Soup. Like the proverbial Oriental version said to bring you fame and fortune, our sherry-spiked soup—fragrant with orange—is worth experiencing. You can cook the duck ahead and complete the soup at the party.

Part of the pre-dinner fun is chop-chopping ingredients for the Shabu-shabu (a Japanese version of fondue). At serving time, vegetables, tofu, beef and lamb slices are scooped up in small wire strainers, then plunged briefly in a firepot bath of chicken broth and soy sauce. Marinating time is just five minutes for skewered Seafood Yaki. Each partygoer broils his own, and dips the cooked shrimp, scallops, squid or fish fillets and green pepper chunks in either of two sauces.

Green Rice gets its name from the watercress and green grapes that dot the steamed rice. You purchase a loaf angel food cake to make the Chestnut Cake, rich with whipped cream, whole chestnuts, and chestnut puree.

Trying the new food is all part of the fun. If anyone in your midst is leery of the unfamiliar, just repeat the old Oriental proverb: "Experience the taste of a new food, and you lengthen your life by 75 days!"

Party planner and recipes begin on page 138.
Buying information, page 184





Landscape Architect: T Delaney Landscape, Inc.



HOW TO PUT TOGETHER A CO-OP PARTY

A FAMILY REUNION PORCH SUPPER

MENU
Watermelon Punch
Egg Basket Appetizers
Herbed Carrot Potato Salad
Spring Chicken Rolls
Coleslaw Salad Bowl
Spicy Bacon Bean Pot
Frozen Chocolate Yogurt Sandwiches
Coffee Milk

More often than not, a traditional family reunion meant that Grandma or Mom slaved so the family could feast—or everyone made do with potluck. But if you organize the clan on co-op terms, you can preserve the custom and enjoy the good feeling that comes from working and feasting together.

This buffet spread features updated versions of well-loved food traditions. And kids of all ages can get into the act of assembling the food.

Party planner and recipes begin on page 138.
Buying information, page 184







HOW TO PUT TOGETHER A CO-OP PARTY

CO-OP PARTY PLANS



PICNIC BREAKFAST

This alfresco gourmet feast is geared to four couples. If there are singles in your group of picnickers, you may want to draw straws to see who pairs up with whom.

To pack the food for transport, sturdy plastic bags with twist ties or plastic containers with tightly fitting lids are best. These can go into a handled basket or ice chest. Use block ice in your cooler since the block will melt slower than ice cubes. Place foods that have to stay coldest at the bottom. A stacked Oriental basket is a handy carryall for other edibles—individual foods or dishes go in separate compartments that fit atop each other.

Check the park facilities to see if grills are available. For this menu, you'll need one large or two small grills. If you're going to a spot in the woods, a large grate will hold the food wherever you build the fire.

If you're leery of using your best china and crystal, use silver, stainless steel, acrylic plastic, wood, or wicker to achieve the same effect. Also, if your outdoor spot has no tables, bring a large tray or card table for a work surface. And don't forget a portable radio to add to the party atmosphere.

Party plan begins on page 138.



JAPANESE DINNER

Since much of the food for this traditional meal is prepared on the spot, just putting the feast together can easily be an evening's entertainment for three couples. The detailed party plan on the following pages outlines what needs to be done and shows you how the work can be divided. If you like, plan to have your group assemble before the party for a co-op trip to an Oriental market to find the ethnic ingredients needed.

To locate a traditional firepot for cooking the Shabu-shabu, investigate specialty, import, or rental shops. (A fondue pot works equally well for this dish.) Don't forget chopsticks—they may slow down the eating a bit, but they'll accelerate the fun!

For atmosphere, a large inexpensive straw mat can be cut to fit the dining table. Oriental fans from import or wicker stores make great table decor. Place the firepot and the tabletop grill in the center of the table. For safety's sake, use a protective liner beneath the pot and the grill.

If you like, use a low coffee table with large throw pillows for seating and let everyone dine *sans* shoes in traditional Japanese style.

Party plan begins on page 138.



FAMILY REUNION

You may want to get together beforehand to plan a co-op style family reunion, or if your relatives are scattered far and wide, make arrangements via telephone or letter.

Begin by deciding on a location for the party since the homeowners will be the designated hosts. Then divvy up the work assignments between families so that everyone at the party has a hand in the fun.

It's wise to delegate the easiest tasks to relatives who come from afar. If there is one time-consuming project, such as cranking out the Frozen Chocolate Yogurt, see if nearby family members or the kids can start it early so the yogurt ripens while the other activities are going on.

For ease and convenience, plan to have the host prepare the main course. The host should also provide everyone with a work area for preparing his or her portion of the feast (check the lists of "Equipment Needed"). Plan space to minimize congestion, yet encourage conversation. Remember that the main entertainment is enjoying each other's company as you prepare the meal together and dine together—so allow plenty of time for kibitzing.

Party plan begins on page 138.

SURPRISE!

16 OF YOUR FAVORITE CAMPBELL'S SOUPS ARE 90 CALORIES OR LESS PER SERVING.



Look how few calories there are in a 10-ounce serving.

Beef Broth/30 Calories
Beef Noodle/90 Calories
Beefy Mushroom/90 Calories
Chicken & Stars/80 Calories
Chicken Broth/50 Calories
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Chicken NoodleOs/90 Calories
Chicken Vegetable/90 Calories
Chicken with Rice/80 Calories
Consommé/45 Calories
Golden Vegetable NoodleOs/90 Calories
Old Fashioned Vegetable/90 Calories
Onion/80 Calories
Turkey Noodle/80 Calories
Turkey Vegetable/90 Calories
Vegetarian Vegetable/90 Calories

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1.



Thoroughly combine crushed fruit and yogurt in a bowl.

2.



Fold in the great fresh taste of Cool Whip,® blending well.

3.



Spoon into crust and freeze about 4 hours. Remove from freezer and place in refrigerator 30 minutes (or longer for softer texture) before serving. Store any leftover pie in freezer.

Strawberry Yogurt Pie

2 containers (8 oz. each) DANNON® strawberry yogurt
½ cup crushed strawberries (optional)
1 container (8 oz. or 9 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 JOHNSTON'S® Graham Cracker READY-CRUST®

Other fruits (with matching yogurt):
½ cup crushed raspberries or blueberries
1 can (8¼ oz.) sliced peaches or apricot halves, drained and mashed
1 can (8¼ oz.) crushed pineapple, drained



Cool Whip® makes pies easy as 1, 2, 3.

In some areas west of the Rockies, where Dannon may not be available, use any other fine yogurt.

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begins on page 134

Co-op party plans

PICNIC BREAKFAST

Couple #1 (Hosts)

- Eggs "Wellington" with Spinach Sauce and Assorted Toppings

Before the party:

- Prepare French rolls, egg filling, cheese slices, Spinach Sauce, and Assorted Toppings.

At the party:

- Start the grill.
- Ten to 15 minutes before serving, place foil-wrapped rolls on grill.
- Before serving, reheat Spinach Sauce. Set out with Assorted Toppings.

Equipment needed:

- Recipes, grill, coals, charcoal starter, matches, foil, tongs, platter, small saucepan, spoon, sauce boat, dishes for Toppings, tablecloth or blanket.

Couple #2

- Early Riser's Champagne Sipper
- Breakfast Antipasto

Before the party:

- Make orange ice cubes and cranberry juice base for Sipper.
- Prepare stuffed figs.
- Make frosted grapes; wash lettuce for Antipasto.

At the party:

- Add orange ice and champagne to cranberry juice base for Sipper.
- Prepare strawberries; serve with grapes and figs for antipasto.

Equipment needed:

- Recipes, large cooler, ice, punch bowl, ladle, 8 cups, small knife, spreading knife, antipasto platter, 8 small plates, napkins.

Couple #3

- Café Jamocha
- Canadian Bacon Alfresco

Before the party:

- Prepare the coffee mixture, thaw whipped topping, and grate chocolate for Café.
- Combine glaze ingredients; cut up bacon and mushrooms for Alfresco.

At the party:

- Fifteen to 20 minutes before serving, skewer and grill Alfresco; then add tomatoes.
- At the end of the meal, complete Café and pass with cookies.

Equipment needed:

- Recipes, 8 skewers, shallow pan to fit skewers, pastry brush, tongs, small saucepan, hot mitts, bowl for glaze, insulated jug, 8 large coffee mugs, tablespoon.

Couple #4

- Lemon-glazed Savarin

Before the party:

- Make Savarin, reserving half of glaze mixture.
- Slice lemons for Savarin

At the party:

- Start the other grill (if using two)
- Pour glaze over Savarin and garnish with lemon slices.

Equipment needed:

- Recipes, grill, coals, charcoal starter, matches, cake plate, server, knife, 8 dinner plates, eating utensils for 8.

JAPANESE DINNER

Couple #1 (Hosts)

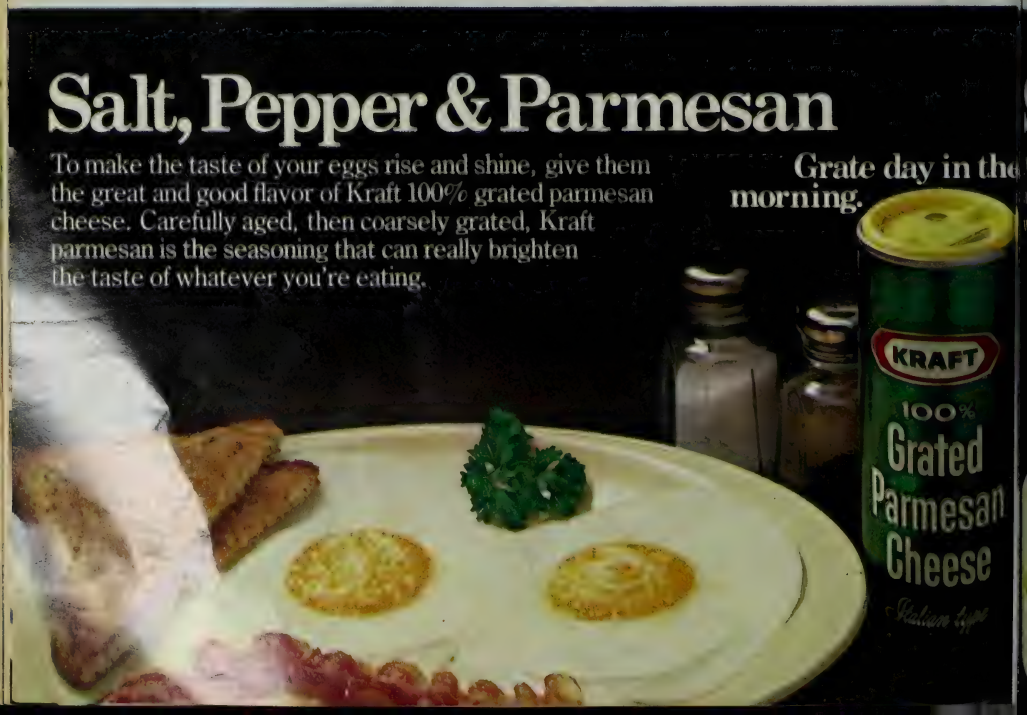
- Chilled Tofu Hors d'Oeuvres
- Shabu-shabu (except for sauces)

Before the party:

- Slice beef and lamb; sprinkle with soy sauce and refrigerate.
- Crush ice and hard-cook 1 egg for Hors d'Oeuvres

At the party:

- Prepare garnishes for Hors d'Oeuvres;



assemble. Serve with the Japanese beer.

- Cook green beans; assemble cabbage-spinach rolls, cube tofu, and arrange on serving platter for Shabu-shabu.
- Light firepot or fondue pot.

Equipment needed:

- Recipes, extra chopping boards and knives, two or three small saucepans, 12-inch skillet, small and large serving platters, a firepot and heatproof pan, coals, charcoal lighter, matches, and foil (*or* fondue pot and fuel); firepot wire strainers, chopsticks or fondue forks, knife and cake server.

Couple #2

- Duck Soup
- Chestnut Cake

Before the party:

- Cook the duck and cut up the meat; strain broth and reserve for soup.
- Assemble Cake; chill.

At the party:

- Peel and slice Oriental radish, slice celery for Shabu-shabu (recipe from Couple #1).
- Complete Duck Soup just before serving.
- Serve Chestnut Cake for dessert with sake.

Equipment needed:

- Recipes, a 4½-quart Dutch oven, knife, measuring spoon, wooden spoon, soup ladle, 6 soup bowls and spoons, 6 dessert plates; 6 sake cups.

Couple #3

- Seafood Yaki
- Ponzu-style Sauce, Sesame Sauce, and Hot Sanbai-zu Sauce
- Green Rice

Before the party:

- Shell and clean shrimp. Clean squid or cut up fillets; marinate for Yaki.
- Prepare all sauces; refrigerate.

At the party:

- Start hibachi or grill.
- Fix carrots and mushrooms for Shabu-shabu (recipe from Couple #1).
- Prepare Rice; keep warm till serving time.
- Thread Seafood Yaki on skewers; place on serving platter.
- Serve sauces in bowls or individual trays.

Equipment needed:

- Recipes, hibachi or tabletop grill; coals, charcoal starter, matches, 6 large skewers, medium saucepan, measuring spoons and 1 cup measure, chopping knife and board, sauce bowls or individual trays, serving platters for Yaki and Rice.

FAMILY REUNION

Family #1 (Hosts)

- Spring Chicken Rolls

Before the party:

- Pound chicken breasts and chill. Prepare stuffing and chill; make cereal coating mixture.

At the party:

- Assemble Chicken Rolls; bake.
- Prepare coffee

Equipment needed:

- Recipes, wooden picks, ¼-cup measure, two 13x9-inch baking pans, pastry brush, serving platter, coffee maker, buffet serving table; extra seating, coffee cups and spoons.

Family #2

- Lemonade Watermelon Punch
- Coleslaw Salad Bowl

Before the party:

- Prepare punch up to and including

continued





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continued

Co-op party plans

refrigeration step; make a wooden rack or container to support melon.

- Prepare Coleslaw Salad Bowl; arrange in serving bowl; garnish. Chill.

At the party:

- Complete Punch; make holes in melon for straws.

Equipment needed:

- Recipes, bottle opener, long-handled spoon, straws, sharp skewer, serving spoon.

Family #3

- Wine Watermelon Punch
- Herbed Carrot Potato Salad

Before the party:

- Prepare Punch up to and including refrigeration step; make a wooden rack or container to support melon.
- Prepare Potato Salad; arrange in serving bowl. Chill.

At the party:

- Complete Punch; make holes in melon for straws—or, if desired, ladle into cups for serving.

Equipment needed:

- Recipes, corkscrew, long-handled spoon, straws and sharp skewer (or punch cups); serving spoon.

Family #4

- Egg Basket Appetizers

Before the party:

- Hard-cook the eggs; chill.

At the party:

- Complete Appetizers; garnish.

Equipment needed:

- Recipes, medium bowl, fork, measuring spoons and cups; small sharp knife, dinner plates, napkins; serving utensils.

Family #5

- Spicy Bacon Bean Pot

Before the party:

- If using crockery cooking method, prepare bean mixture and begin heating about 4 hours before party time.
- If using conventional method, chop onion and pepper; cook bacon and shred cheese.

At the party:

- Complete Bean Pot; top with cheese and garnish.

Equipment needed:

- Recipes, can opener, measuring spoons and cups, 3½- to 4-quart crockery cooker or Dutch oven with cover, wooden spoon, pot holders, large serving bowl and spoon.

Kids

- Frozen Chocolate Yogurt Sandwiches

Before the party:

- About 4½ hours before, prepare yogurt mixture and freeze in ice cream freezer; then spread in a 13x9-inch pan and ripen in the freezer compartment of your refrigerator.

At the party:

- Cut Frozen Yogurt into squares; layer each square between 2 cookies.

Equipment needed:

- Recipe, measuring cup and spoons, saucepan, wooden spoon, 2- to 4-quart ice cream freezer (hand-turned or electric); rock salt, ice, 13x9-inch pan; spatula, knife.

Recipes on page 146

Men's liberation.



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Remember, Crisco Oil has no cholesterol.





File under Desserts

Buying information, page 184

CUSTARD DESSERTS

Mocha Caramel Custard

Chocolate and coffee liqueur flavor this first-place dessert topped with a sweet caramel layer—

1 cup sugar
2½ cups milk
1 square (1 ounce) semisweet chocolate
Dash salt
½ teaspoon instant coffee crystals
3 beaten eggs
3 tablespoons coffee liqueur
Whipped cream
Chocolate curls

In a heavy 10-inch skillet, stir ½ *cup* of the sugar over medium heat for 8 to 10 minutes or till melted and golden brown; remove from heat. Divide mixture between six 6-ounce custard cups, swirling to coat bottoms. Set aside. In same skillet combine milk, the remaining ½ cup sugar, the chocolate, salt, and coffee crystals. Stir over medium heat till sugar is dissolved and chocolate is melted. Remove from heat; cool. Combine cooled milk mixture, eggs, and coffee liqueur. Pour into custard cups; place cups in a 13x9x2-inch baking pan. Pour hot water into pan to a depth of 1 inch. Bake in 325° oven for 30 to 35 minutes or till knife inserted just off-center comes out clean. Cool; then chill. To serve, loosen custard around edges; invert onto plate. Garnish with whipped cream and chocolate curls. Makes 6 servings.

Carolyn Z. Faget, Oakland, Calif.



File under Breads

CONVENIENCE BREAD FIX-UPS

Quick Kalitsounia

Top honors go to this version of a classic Greek recipe made easy with refrigerated biscuits—

1 beaten egg
4 ounces feta cheese, crumbled
1 tablespoon snipped parsley
1 tube refrigerated buttermilk biscuits (10 biscuits)
1 beaten egg
Sesame seed

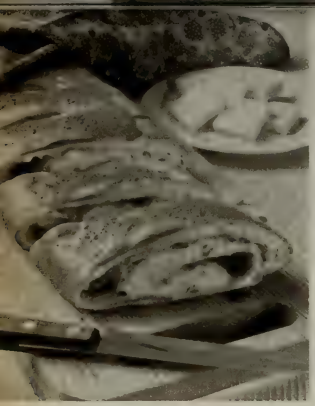
In a small bowl combine the first beaten egg, the feta cheese, and parsley. Separate biscuits. On a lightly floured surface, roll each biscuit to a 4-inch circle, about ⅛ inch thick. Place 1 tablespoon of the cheese mixture in the center of each dough circle. Fold two opposite edges of circles to center; fold remaining two opposite edges to center, forming a square packet. Pinch edges together to seal. Place rolls seam side up on a greased baking sheet; brush with remaining beaten egg. Sprinkle with sesame seed. Bake in 425° oven for 10 to 12 minutes. Serve hot. Makes 10 rolls.

Kathy Smith, Salt Lake City, Utah



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Swiss Onion Spiral Bread

½ cup chopped onion
2 tablespoons butter *or* margarine
1 16-ounce loaf frozen white bread dough, thawed
1 cup shredded Swiss cheese (4 ounces)
2 tablespoons crisp-cooked and crumbled bacon *or* canned bacon bits
1 beaten egg
Poppy seed *or* dillseed

In a small skillet cook onion in butter or margarine till tender. On floured surface roll out bread dough to a 17x7-inch rectangle; spread cooked onion evenly over dough. Sprinkle cheese and bacon atop. Roll up jelly-roll fashion from the long side, pinching edges to seal. Place roll, seam side down, on a greased cookie sheet. Score top of loaf crosswise, making cuts ¼ inch deep. Cover; let rise in a warm place 30 to 45 minutes or till almost double. Brush top of bread with egg; sprinkle with poppy-seed or dillseed. Bake in a 350° oven for 25 to 30 minutes. Serve warm. (Note: To reheat, wrap in foil. Heat in 400° oven for 15 to 20 minutes.) Makes 1 loaf.

Anne Knapp, Tacoma, Wash.



Cheesy Whole Wheat Fingers

White bread dough works equally well in this spicy fix-up—

1 16-ounce loaf frozen whole wheat bread dough, thawed
¼ cup chopped onion
1 tablespoon butter *or* margarine
1 teaspoon dried oregano, crushed
½ teaspoon garlic salt
½ teaspoon celery seed
½ teaspoon paprika
2 cups shredded cheddar cheese (8 ounces)

On a lightly floured surface roll thawed bread dough to a 13x9-inch rectangle (for easier rolling, cover dough and let rest 10 minutes, then finish rolling). Place dough in a greased 13x9x2-inch baking pan. Cover; let rise in a warm place about 1½ hours or till nearly double. In a saucepan cook onion in butter or margarine till tender. Stir in seasonings. Cool mixture slightly; stir in cheese. Spoon cheese mixture evenly atop dough. Bake in 375° oven 20 to 25 minutes. Cut into 3x1½-inch pieces; serve warm. Makes 24.

Mrs. Mary Anita Gamberoni, Butler, Pa.



Saucy Custard Berry Cups

Cream sherry adds a sophisticated touch to this fruit dessert—

2 well-beaten eggs
¾ cup light cream
3 tablespoons sugar
Dash salt

• • •

½ cup whipping cream
3 tablespoons cream sherry
Fresh sliced strawberries *or* whole raspberries

In a small saucepan combine eggs, light cream, sugar, and salt. Cook and stir over medium heat about 10 minutes or till mixture coats a metal spoon. Pour mixture into a small bowl; set in another ice-filled bowl. Stir frequently until cold.

Whip cream to soft peaks. Stir sherry into custard; fold in whipped cream. Chill, covered, till serving time. To serve, spoon some of the custard sauce over fresh berries in dessert dishes. Makes about 2 cups sauce.

Barbara Daniels, Lebanon, Oreg.



Pumpkin Rum Bread Pudding

A unique, rum-spiked bread pudding—

6 cups dry whole wheat bread cubes
½ cup finely chopped walnuts
3 slightly beaten eggs
1 14-ounce can *sweetened condensed* milk
1 cup canned pumpkin
¾ cup packed brown sugar
2 teaspoons ground cinnamon
½ teaspoon ground nutmeg
2 cups milk
¼ cup rum
¼ cup butter *or* margarine, melted
2 teaspoons vanilla
Whipped cream (optional)

Combine bread and nuts in bottom of a 12x7x2-inch baking dish. Stir together eggs, condensed milk, pumpkin, sugar, and spices. Gradually stir in milk; add rum, butter or margarine, and vanilla. Pour over bread layer. Place dish in a 13x9x2-inch baking pan. Pour hot water into larger pan to a depth of 1 inch. Bake in 350° oven 50 to 60 minutes or till knife inserted just off-center comes out clean. Serve warm with whipped cream. Makes about 10 servings.

Bobbie Mae Cooley, Bowen, Ill.

Coffee Breaks

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Cream Cheese Brownies*

Share a cup of Maxwell House® Coffee and this brownie recipe with your good friend.

- 1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
- 5 tablespoons butter or margarine
- 1 package (3 oz.) cream cheese, softened
- 1 cup sugar
- 3 eggs
- 1 tablespoon all-purpose flour
- 1½ teaspoons vanilla
- ½ teaspoon CALUMET® Baking Powder
- ¼ teaspoon salt
- ½ cup all-purpose flour
- ½ cup coarsely chopped nuts

Melt chocolate and 3 tablespoons of the butter in a small saucepan over very low heat, stirring constantly. Cool. Blend remaining butter with cheese until softened. Gradually add ¼ cup of the sugar, beating well. Blend in 1 egg, 1 tablespoon flour and ½ teaspoon vanilla. Set aside.

Beat remaining 2 eggs until thick and light in color. Gradually add remaining ¾ cup sugar, beating until thickened. Add baking powder, salt and ½ cup flour. Blend in cooled chocolate mixture, nuts and 1 teaspoon vanilla. Spread about half of the chocolate batter in greased 8- or 9-inch square pan. Add cheese mixture, spreading evenly. Top with tablespoonfuls of remaining chocolate batter. Zigzag a spatula through batter to marble. Bake at 350° for 35 to 40 minutes, or until top springs back when lightly pressed in center. Cool. Cut into bars or squares. Makes 16 to 20.

*For more "Coffee Break" recipes, send your name and address to: Coffee Break Recipe Offer, P.O. Box 3064, Kankakee, Ill. 60901

HAPPY MOM'S DAY



Mom, wouldn't it be a treat to get this home-baked cheese bread on Mother's Day? Well, just leave this recipe where your teenagers will find it, and you may be surprised. (It's so quick and easy, Fleischmann's® Yeast is all the help they'll need.)

Cheese Bread (Makes 2 loaves)

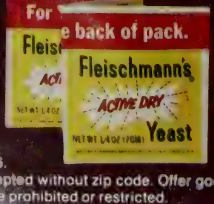
7½ cups unsifted flour (about)
⅓ cup sugar
1 tablespoon salt
2 packages Fleischmann's® Active Dry Yeast
2 cups water
⅓ cup milk
3 cups shredded sharp Cheddar cheese (¾ pound)
1 egg white
1 tablespoon water
Sesame seed

Mix 2½ cups flour, sugar, salt and undissolved yeast.

Heat water and milk until very warm (120°F.—130°F.). Add to dry ingredients; beat 2 minutes at medium speed of electric mixer. Add cheese and ½ cup flour. Beat at high speed 2 minutes. Stir in enough more flour to make stiff dough. On floured board, knead 8 to 10 minutes. Place in greased bowl; turn to grease top. Cover; let rise in warm place, free from draft, until doubled, about 1 hour.

Punch down dough; turn out onto board. Cover; let rest 15 minutes. Divide into 6 equal pieces. Roll each into a 16-inch long rope. Braid 3 ropes together. Place in greased 9 x 5 x 3-inch loaf pan. Repeat. Cover; let rise until doubled, about 1 hour.

Mix egg white and water. Brush on loaves. Sprinkle with sesame seed. Bake at 375°F. for 40-45 minutes, or until deeply browned. Cover loosely with foil halfway through baking. Cool on wire racks.



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Standard Brands

Fleischmann's Yeast. Bake someone happy.

begins on page 128

Co-op party recipes

EARLY-RISER'S CHAMPAGNE SIPPER

2 oranges, sliced
1 32-ounce bottle (8 cups) cranberry juice cocktail
1 6-ounce can frozen orange juice concentrate
3 juice cans water (2 cups)
12 inches stick cinnamon
2 bottles (750 ml) pink champagne, chilled

To prepare ice cubes, cut orange slices to fit into ice cube sections; place one piece of orange in each section of ice cube trays. Pour water over to cover; freeze.

In a large saucepan combine cranberry juice cocktail, orange juice concentrate, water, and cinnamon sticks. Bring to a boil; boil, uncovered, 5 minutes. Strain; cover and chill. Before serving, pour cranberry mixture into punch bowl. Gradually pour chilled champagne down side of bowl, stirring gently with up-and-down motion; add orange ice cubes. Makes 18 cups.

BREAKFAST ANTIPASTO

Don't confine these tasty tidbits to the breakfast table; they're a special treat anytime—

½ of a 12-ounce package dried black mission figs (24 figs)
24 whole blanched almonds

• • •

1 pound red or green grapes, snipped into clusters
2 slightly beaten egg whites
Granulated sugar

• • •

1 4-ounce package whipped cream cheese
1 pint whole fresh strawberries
Small chocolate decorative candles

• • •

Lettuce leaves

Remove stems from figs; make a small slit in the center of each. Insert a whole almond in opening of each fig. Store in a covered container.

Wash and dry grapes. Dip grape clusters first in egg white to coat, then in sugar to coat. Place a wire rack over waxed paper; let frosted grapes dry on rack. Place in a covered container; chill. Stir cream cheese till spreadable. Holding each berry at the stem end,

continued



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continued

Co-op party recipes

frost tip half with cheese, then dip in chocolate decorative candies. Place in covered container; chill.

To serve, line a serving platter with lettuce leaves. Arrange stuffed figs, frosted grapes, and frosted strawberries on platter. Makes 8 to 10 servings.

EGGS "WELLINGTON" WITH SPINACH SAUCE

You can prepare and chill the rich egg filling, the toppings, and the Spinach Sauce the night before—

12 eggs
¼ cup dairy sour cream
1 tablespoon snipped chives
¼ cup butter *or* margarine
8 individual French rolls

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½ of a 10-ounce package frozen chopped spinach
1 tablespoon butter *or* margarine
1 tablespoon all-purpose flour
1 teaspoon instant chicken bouillon granules
¼ teaspoon dried basil, crushed
¾ cup whipping cream
6 to 8 ounces sharp cheddar cheese
Assorted toppings such as black *or* red caviar, pimiento strips, sliced ripe olives, chopped green chilies, chopped tomato, cooked and crumbled bacon, *or* cooked tiny shrimp

Beat together eggs, sour cream, chives, ½ teaspoon *salt,* and ¼ teaspoon *pepper.* In a large skillet melt the butter or margarine over medium heat; pour in the egg mixture. Cook, without stirring, till mixture begins to set on bottom and around edges. Lift and fold partially cooked mixture occasionally so uncooked portion flows underneath. Continue cooking till mixture is set. Cool. Place in a covered container and chill. Slice tops off rolls; reserve. Hollow out rolls to make ¼-inch-thick shells (save interior for another use). Replace tops; seal rolls in plastic bag.

Prepare spinach sauce: Cook spinach according to package directions; drain well and set aside. In a medium saucepan, melt the 1 tablespoon butter or margarine; blend in the flour, bouillon granules, and basil. Add cream all at once; cook and stir over medium heat

till mixture thickens and bubbles. Stir in drained spinach. Pour mixture into a blender container or food processor. Cover and process at high speed just till smooth. Chill and store in a covered container. Cut cheese into slices to fit rolls.

At the picnic site: Unwrap rolls. Remove tops of rolls; place one cheese slice in the bottom of each roll. Spoon in some of the scrambled egg mixture. Replace tops; wrap each roll in foil. Place on grill over *medium-hot* coals; heat for 10 to 15 minutes or till rolls are crisp and filling is hot, turning once. In small saucepan, warm spinach sauce till heated through. Unwrap rolls; serve on platter. Pass spinach sauce and assorted toppings to top filling as desired. Makes 8 servings.

CANADIAN BACON ALFRESCO

These honey-glazed kabobs are a refreshing change from breakfast bacon or sausage—

- ½ cup honey
- 1 tablespoons soy sauce
- 2 tablespoons lemon juice
- ¼ teaspoon dry mustard
- pound sliced Canadian bacon
- pound large whole mushrooms
- 1 cherry tomatoes

Combine honey, soy, lemon juice, and mustard. Transport to the picnic site in a screw-top jar or covered container. Quarter bacon slices.

At the picnic site: Thread bacon quarters alternately on eight skewers with mushrooms. Place skewers over a large shallow pan; brush generously with honey mixture. Place pan over *medium-hot* coals; grill for 15 to 20 minutes or till heated through, brushing occasionally with honey mixture. Place kabobs on serving platter; garnish end of each skewer with a cherry tomato. Makes 8 servings.

LEMON-GLAZED SAVARIN

Prepare this yeast bread a day ahead. After it's baked, pour on half the glaze; take the other half to the picnic and pour over the cake just before serving—

- small potato, peeled and cubed
- cup water
- Milk
- package active dry yeast
- ¼ cup sugar
- ¼ cup butter *or* margarine, melted
- beaten egg

Continued

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raisins (batter will be stiff). Cover; let rise in a warm place about 45 to 60 minutes or till double. Stir dough down; turn into a well-greased 9-inch fluted tube pan, spreading evenly. Cover; let rise about 45 minutes or just till double. Bake in a 375° oven about 40 minutes, covering with foil the last 10 minutes to prevent overbrowning.

Meanwhile, prepare glaze: In a small saucepan combine the ⅔ cup sugar and the cornstarch. Stir in lemonade concentrate, and the 6 tablespoons butter or margarine. Cook and stir till mixture bubbles; cook 1 minute more. Keep warm. When cake is done, immediately turn out onto wire rack with waxed paper underneath. With a long-tined fork, poke holes all over top of cake. Pour *half* of the warm glaze over top of hot cake. Store remaining glaze in a screw-top jar. Allow cake to cool completely; wrap tightly in foil.

At the picnic site: Unwrap; place on serving plate. Garnish with halved lemon slices, if desired. Pour remaining glaze over. Makes 1 coffee bread.

CAFÉ JAMOCHA

An elegant finale anytime—

⅓ cup unsweetened cocoa powder
3 tablespoons sugar
Dash salt
½ cup water
3 cups milk
3 cups strong hot coffee
½ teaspoon vanilla

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½ to 1 cup coffee liqueur
Frozen whipped dessert topping, thawed
Grated chocolate (optional)
Purchased pirouette cookies (optional)

In a large saucepan stir together cocoa powder, sugar, and salt. Gradually stir in the water. Bring mixture to boiling, stirring constantly. Cook and stir 1 minute longer. Stir in milk; heat just to the boiling point, but *do not boil.* Remove from heat; stir in hot coffee and vanilla. Transfer to a vacuum bottle.

At the picnic site: Divide coffee mixture between 8 mugs. Add 1 to 2 tablespoons of the liqueur to each mug; stir. Add a dollop of whipped topping and a sprinkling of grated chocolate, if desired. Insert a cookie in each cup. Pass with extra cookies. Makes 8 servings.

continued

continued

Co-op party recipes

1 tablespoon finely shredded lemon peel
3½ cups all-purpose flour
½ cup raisins *or* currants

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⅔ cup sugar
4 teaspoons cornstarch
1 6-ounce can frozen lemonade concentrate, thawed
6 tablespoons butter *or* margarine
Lemon slices, halved (optional)

In a small saucepan cook the potato, uncovered, in the 1 cup water till tender; cool mixture to lukewarm (115° to 120°). Set aside *¼ cup* of the cooking liquid. Mash potato in remaining liquid; measure and add milk, if needed, to make 1 cup potato mixture. Set aside.

In a large mixing bowl soften yeast in the ¼ cup reserved cooking liquid. Stir in potato mixture, the ¼ cup sugar, the ¼ cup butter or margarine, the egg, lemon peel, and ½ teaspoon *salt*; mix till well blended. Stir in flour and



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¼ teaspoon seven-flavor pepper *or* black pepper
Dash ground nutmeg
1 cup Chinese pea pods

In a 4½-quart Dutch oven combine duck and giblet (except liver), water, celery root, onion, and 1½ teaspoon *salt*. Bring to boiling; reduce heat. Cover and simmer abou 1 hour or till duck and giblets are tender. Add liver; simm 5 minutes more. Remove duck and giblets from broth Strain broth through cheesecloth; skim off fat. Allow mea to cool enough to handle; remove meat from skin and bone Discard bones. Return broth to saucepan; add *half* the mea (about 1½ cups), the sake, orange peel, pepper, an nutmeg. (Refrigerate and save remaining duck meat fo another use.) Bring mixture to boiling; add pea pods. Cool uncovered, for about 2 minutes or till pea pods are just ten der. Serve immediately. Makes 6 servings.

SHABU-SHABU

According to Japanese folklore, the name shabu-shab comes from the sound that's made when you swish the mea and vegetables through the boiling hot broth—

1 pound partially frozen beef flank steak
1 pound partially frozen boneless leg of lamb
½ cup soy sauce

• • •

6 large leaves Chinese cabbage *or* bok choy
8 ounces fresh spinach
1 large daikon (Oriental radish) *or* turnip, peeled and sliced

continued

Co-op party recipes

CHILLED TOFU HORS D'OEUVRES

Use your imagination to make festive garnishes for these easy appetizers—

1 pound tofu (bean curd), cut in 1-inch cubes
Thinly sliced radishes and cucumber
Red *or* black caviar
Crushed ice
Hard-cooked egg, finely chopped
Lemon and lime peel, thinly sliced
Soy sauce

Top each tofu cube with a radish slice, cucumber slice, or caviar. Arrange tofu cubes atop a bed of crushed ice. Garnish with chopped egg and lemon or lime peel. Serve at once. Pass soy sauce for dipping. Makes 6 to 8 servings.

DUCK SOUP

Seven-flavor pepper, a traditional Japanese seasoning, is a blend of seven spices you'll find in your market's gourmet section or in an Oriental food shop—

1 4- to 5-pound domestic duck with giblets
5 cups water
1 celery root *or* leek, sliced
1 small onion, sliced (omit if using leek)
2 tablespoons sake *or* dry sherry
Peel of 1 medium orange, with white removed and cut in julienne strips

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If you hate cholesterol...



10-ounce package frozen whole green beans
cup bias-sliced celery
cup bias-sliced carrots
ounces fresh mushrooms
ounces tofu (bean curd), cut in ½-inch cubes (optional)

• • •

cups chicken broth
cup soy sauce
teaspoons sugar
recipe Sesame Sauce (see above)
recipe Ponzu-style Sauce (see page 155)

If using an Oriental firepot, prepare coals: About 30 inutes before serving, line a heatproof pan with heavy- ity foil; place about 6 coals in a pile. Outdoors or in a well- ntilated area, light coals; allow to burn till no areas of ack show.

Slice beef and lamb thinly across the grain in bite-size rips. Place in separate shallow bowls; sprinkle each with cup soy sauce. Set aside. In a 12-inch skillet cook cabbage aves, covered, in a small amount of boiling salted water r 2 to 3 minutes or just till tender. Drain; sprinkle with a ttle *salt* and cool. Cook spinach, covered, in a small nount of boiling salted water for 2 to 3 minutes; drain well. epeat with daikon (cook 3 to 4 minutes), green beans (cook minutes), celery (cook 5 minutes), and carrots (cook 12 inutes), boiling each separately just till tender.

Trim a thin slice from the heavy center rib of each cooked bbage leaf to make leaves lie flat. Stack 3 cabbage leaves atop each other, alternating tops with stem ends to keep stack flat. Place *half* the spinach lengthwise down center of cabbage. Starting from the long side roll cabbage up tightly jelly-roll fashion. Slice crosswise into 1-inch-thick slices. Repeat with remaining cabbage and spinach.

Halve mushrooms, if large. Arrange beef and lamb slices, cabbage rolls (cut side up), daikon slices, beans, celery slices, carrot slices, mushrooms, and tofu pieces on a large serving platter. In medium saucepan combine chicken broth, the ¼ cup soy sauce, and the sugar; bring to a rolling boil. Place Oriental firepot or fondue pot in the center of the table in a well-ventilated place. Pour hot broth into pot. If using a firepot, cover; with tongs, carefully place the hot coals, one at a time, down the chimney of the firepot and rest them on the grate. Remove the cover. (Or if using a fondue pot, light fondue burner.)

Broth should be kept at a rolling boil. Allow each person to pick up meat or vegetable pieces with chopsticks or firepot wire strainers (available in specialty shops) and cook food in boiling broth for about 30 seconds to 1 minute. Dip cooked meat or vegetables in Sesame Sauce or Ponzu-style Sauce. Makes 6 to 8 servings.

SESAME SAUCE

Red bean paste is available in Oriental food stores or specialty food shops—

¾ cup soy sauce
⅓ cup red bean paste

continued

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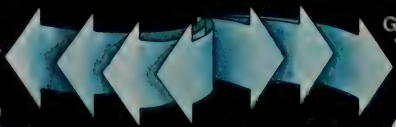


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continued

Co-op party recipes

½ cup lemon juice
2 tablespoons sesame seed oil *or* peanut oil
2 tablespoons brown sugar

Blend soy sauce into bean paste; stir in remaining ingredients. Serve in individual sauce dishes or in small bowls for dipping Shabu-shabu. Makes about 1½ cups sauce.

PONZU-STYLE SAUCE

If you prefer, you can add more sugar or vinegar to suit your taste—

½ cup soy sauce
⅓ cup rice vinegar *or* white vinegar
⅓ cup beef broth *or* chicken broth
2 teaspoons sugar

Blend together the soy, vinegar, broth, and sugar. Serve in individual sauce dishes or in small bowls for dipping Shabu-shabu. Makes 1 cup sauce.

SEAFOOD YAKI

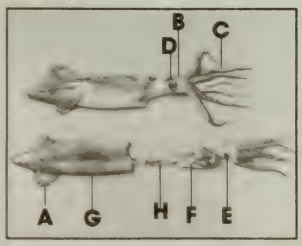
The Japanese word yaki means broiled—

⅓ cup soy sauce
¼ cup sake *or* dry sherry
¼ cup chicken broth
1 teaspoon sugar
1 teaspoon grated fresh gingerroot

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1 pound fresh *or* frozen, thawed shrimp, shelled and cleaned (about 24 medium shrimp)
½ pound fresh *or* frozen, thawed scallops
1 pound fresh *or* frozen, thawed squid, *or* red snapper fillets, cut in 2-inch cubes
8 scallions *or* green onions, cut in 1-inch lengths
8 to 10 hot peppers, drained and halved, *or* 2 medium green peppers, cut in 2-inch squares
1 recipe Hot Sanbai-zu Sauce (right)

In a bowl combine soy, sake, chicken broth, sugar, and gingerroot. If using squid, clean (refer to photo above): pull fin (A) and outer part of tail away from head (B) and tentacles (C). Cut off tentacles just above eyes (D); remove hard cartilage (E) from tentacles. Discard entrails (F) and eye section. Skin and clean body cavity (G), removing transparent pen (H). Cut body in half crosswise, then cube.



Marinate shrimp, scallops, and squid or red snapper fillets in soy mixture for 5 minutes; drain, reserving marinade. On skewers alternately thread shrimp, scallops, and squid loosely with scallions and peppers. Allow each person to grill his own portion on a hibachi or tabletop grill over *hot* coals for 8 to 10 minutes, turning once. Pass reserved marinade and Hot Sanbai-zu Sauce for dipping. Makes 6 to 8 servings.

HOT SANBAI-ZU SAUCE

Oriental rice vinegar, distilled from rice, lends a very subtle flavor to Japanese dishes—

⅓ cup rice vinegar *or* white vinegar
½ teaspoon soy sauce
1 tablespoon prepared hot-style mustard
1 tablespoon sugar
½ teaspoon salt
Dash monosodium glutamate (optional)

Combine all ingredients. Serve in individual sauce dishes or small bowls for dipping Seafood Yaki. Makes about ½ cup sauce.

GREEN RICE

This unique side dish is also a great accompaniment to American entrées. You can buy the rice vinegar and black sesame seed in an Oriental food store—

2 cups watercress, finely chopped

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2 tablespoons rice vinegar *or* white vinegar
2 to 3 teaspoons black sesame seed *or* light sesame seed
½ teaspoon salt
4 cups hot cooked long-grain rice (1⅓ cups uncooked)

continued



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continued

Co-op party recipes

Green and red grape clusters
Watercress sprigs

In a medium saucepan cook watercress, uncovered, in a small amount of boiling salted water 2 minutes. Drain well, pressing out excess moisture between paper towels. Stir together vinegar, sesame seed, and salt; toss with rice and watercress. Spoon mixture onto a serving platter; garnish with grape clusters and watercress. Makes 6 to 8 servings.

CHESTNUT CAKE

This simple but elegant dessert can be assembled ahead of time—

1 10-ounce jar chestnuts in syrup
1½ cups whipping cream
1 9x5-inch loaf purchased angel food cake
1 8¾-ounce can sweetened chestnut puree

Drain chestnuts, reserving 3 tablespoons syrup; set chestnuts aside. In a deep bowl whip cream with the reserved chestnut syrup just to soft peaks (tips curl over). Frost sides and top of angel cake with about *half* of the cream mixture; use part of remainder to pipe a border around bottom and top edges of cake. Using a star decorating tip, pipe some of the chestnut puree in rows to cover top of cake. Pipe remaining puree over cream border around bottom edge of cake. Use remaining cream mixture to pipe stars atop cake, if desired. Garnish cake with halved chestnuts. Chill till serving time. Slice crosswise to serve. Makes 8 to 10 servings.

WINE WATERMELON PUNCH

Here's the spiked version of our special reunion punch. Or, try it with lemonade and carbonated beverage instead. (See recipe above)—

1 large watermelon (about 25 pounds)
2 bottles (750 ml each) dry white wine
¾ cup kirsch or other cherry liqueur
12- to 14-inch straws (optional)

Select a melon about 20 inches long with a flat base. The day before serving, cut an 8-inch oval section, making a sawtooth edge, out of the top of the melon. Remove cut portion and reserve. Using a long-handled spoon, scoop out all pulp; remove seeds. Place about one-fourth of the pulp in blender container or food processor; cover and blend till pureed. Repeat with remaining pulp. Place melon shell on tray. Return puree to melon shell (should have about 12 cups puree); add the wine and kirsch. Replace cut portion of melon; refrigerate overnight. To serve, remove cut portion of melon and ladle punch into cups; or use a skewer to make ¼-inch holes for straws around the top half of the melon at just above the liquid level. Insert straws, replace cut portion of melon, and allow guests to help themselves. Makes 20 cups.

LEMONADE WATERMELON PUNCH

Partygoers of all ages will enjoy this thirst-quenching combination of lemonade and watermelon sipped right out of the melon—

1 large watermelon (about 25 pounds)
1 12-ounce can frozen lemonade concentrate, thawed
2 cups water
¼ cup grenadine syrup
1 to 2 32-ounce bottles (8 to 16 cups) lemon-lime carbonated beverage, chilled
12- to 14-inch straws

Select a melon about 20 inches long with a flat base. The day before serving, cut an 8-inch oval section, making a sawtooth edge, out of the top of the melon. Remove cut portion and reserve. Using a long-handled spoon, scoop out all pulp; remove seeds. Place about one-fourth of the pulp in blender container or food processor; cover and blend till pureed. Repeat with remaining pulp. Place melon shell on tray. Return puree to melon shell (should have about 12 cups puree); stir in lemonade concentrate, water, and grenadine. Replace cut portion of melon; refrigerate overnight.

Just before serving, remove cut portion of melon; pour in lemon-lime beverage to fill ¾ full. Stir with an up-and-down motion. Use a skewer to make ¼-inch holes for straws around the top half of the melon at just above the liquid level. Replace cut portion of melon. Insert straws and allow guests to help themselves. Makes about 20 cups.

continued



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BRACH'S

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continued

Co-op party recipes

EGG BASKET APPETIZERS

20 hard-cooked eggs
1 cup mayonnaise *or* salad dressing
½ cup finely shredded Swiss cheese (2 ounces)
2 teaspoons lemon juice
½ teaspoon salt
½ teaspoon ground cumin
¼ teaspoon pepper
Pimiento strips
Sliced green onion tops

Shell eggs; cut in half. Remove yolk portion; set whites aside. Mash yolks well in medium bowl. Beat in mayonnaise or salad dressing, cheese, lemon juice, salt, cumin, and pepper till fluffy. Pile yolk mixture back into whites, mounding the tops. Cover and chill. Just before serving, garnish eggs with two strips of pimiento crisscrossed atop; or place a few pieces of sliced green onion atop. Makes 40 appetizers.

SPRING CHICKEN ROLLS

You can prepare the chicken breasts and stuffing ahead. Chill them separately, then assemble at party time—

1 cup fine dry bread crumbs
1 cup finely chopped dried apricots
1 cup finely chopped walnuts
1 cup light raisins
2 tablespoons finely chopped onion
1 teaspoon ground allspice
½ teaspoon dried thyme, crushed
¾ to 1 cup chicken broth

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3 cups whole bran cereal, crushed
⅔ cup shelled sunflower seeds, chopped
½ teaspoon dried thyme, crushed

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½ cup butter *or* margarine, melted
3 tablespoons lemon juice
½ teaspoon salt
10 large whole chicken breasts, boned and halved lengthwise
Dried apricot halves (optional)
Lettuce leaves (optional)

In a large bowl combine bread crumbs, the chopped apricots, the walnuts, raisins, onion, allspice, and the first ½ teaspoon thyme till well mixed. Add enough of the chicken broth to moisten stuffing as desired. Set aside.

In a small bowl combine the cereal, sunflower seeds, and the second ½ teaspoon thyme. Set aside.

Combine melted butter or margarine, lemon juice, and salt. Place chicken breasts, skin side down, on board between two pieces of clear plastic wrap. With a meat mallet pound chicken from center to outside edge to ¼-inch thickness. Cover; chill. About 1¼ hours before serving, place chicken pieces, skin side down; sprinkle with *salt*. Place about *¼ cup* of the apricot stuffing on each breast; fold in sides of meat and roll up from the short end. Secure with wooden picks to form compact bundles. Brush each roll liberally with melted butter mixture, then roll in cereal mixture to coat generously. Place bundles, seam side down, in two 13x9x2-inch baking pans. Bake in 375° oven for 40 to 50 minutes or till brown and crisp. Garnish platter with apricot halves and lettuce leaves, if desired. Makes 20 servings.

HERBED CARROT POTATO SALAD

Sour cream, dill, and worcestershire lend a tangy flavor to this savory cold potato salad—

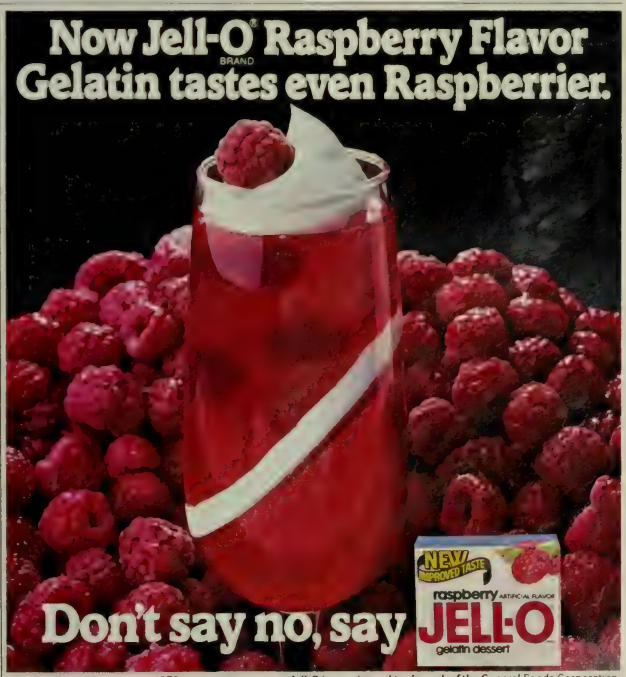
1 cup mayonnaise *or* salad dressing
1 cup dairy sour cream
3 tablespoons lemon juice
2 tablespoons snipped chives
1 tablespoon worcestershire sauce
1 teaspoon salt
½ teaspoon dried dillweed
½ teaspoon dry mustard
⅛ teaspoon pepper

• • •

4 medium carrots, thinly bias-sliced (2 cups)
8 medium potatoes, cooked, peeled, and sliced (7 cups)
1 cup thinly bias-sliced celery
½ cup pitted ripe olives, sliced
Leaf lettuce
Carrot curls (optional)
Pitted ripe olives (optional)

Combine mayonnaise or salad dressing, sour cream, lemon juice, chives, worcestershire, salt, dillweed, mustard, and pepper till well combined. In a medium saucepan heat a small amount of water to boiling; add carrots and simmer, uncovered, for 2 minutes.

continued



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continued

Co-op party recipes

Drain; rinse with cold water and drain again. In a large bowl gently toss together sliced potatoes, sliced carrots, celery, and sliced olives. Add sour cream mixture; gently toss to coat well. Cover and chill several hours in a large lettuce-lined bowl. To serve, garnish with carrot curls and olives if desired. Makes 20 servings.

COLESLAW SALAD BOWL

Reserve some of the large outer leaves of red cabbage to use as a lining for the salad bowl—

¾ cup red wine vinegar
½ cup salad oil
⅓ cup sugar
2 teaspoons salt
½ teaspoon pepper
2 14-ounce jars spiced apple rings, drained
½ large head red cabbage, shredded (8 cups)
½ large head green cabbage, shredded (6 cups)
4 ounces fresh spinach, torn (4 cups)
2 cups fresh mushrooms, sliced
Red cabbage leaves (optional)

In a screw-top jar combine red wine vinegar, oil, sugar, salt, and pepper. Cover and shake; chill. Reserve a few whole apple rings for garnish; quarter remaining rings. In a large bowl toss together red and green cabbage, spinach, mushrooms, and quartered apple pieces. Shake dressing; pour over salad and toss to coat. Cover; chill several hours in a red cabbage-lined bowl. To serve, garnish with reserved spiced apple rings. Makes 20 servings.

SPICY BACON BEAN POT

This easy bean fix-up cooks atop the range or in your crockery cooker—

3 16-ounce cans baked beans in tomato sauce
2 15-ounce cans red kidney beans, drained
2 12-ounce cans whole kernel corn, drained
10 slices bacon, crisp-cooked, drained, and crumbled
1 cup chopped onion
1 cup chopped red *or* green pepper
¼ cup smoke-flavored barbecue sauce
2 teaspoons chili powder
¼ teaspoon garlic powder
½ cup shredded sharp cheddar cheese (2 ounces)
Green *or* red pepper rings (optional)

In a large Dutch oven combine all ingredients *except* cheese and pepper rings; stir to combine. Cover and cook over medium heat about 35 minutes, stirring occasionally. Just before serving, top with cheese and pepper rings, if desired. Makes 20 servings.

Crockery cooker method: In a 3½- to 4-quart crockery cooker place all ingredients *except* cheese and pepper rings; stir to combine. Cover and cook on high-heat setting for 3½ to 4 hours, stirring once or twice. To serve, sprinkle with cheese; garnish with pepper rings, if desired.

FROZEN CHOCOLATE YOGURT SANDWICHES

Instead of making sandwiches, you can turn the frozen mixture into a regular freezer container and let ripen for a few hours. Scoop into sherbet dishes or atop cake slices—

1 cup chocolate-flavored syrup
2 envelopes unflavored gelatin
1 7-ounce jar marshmallow creme
1 tablespoon vanilla
2 8-ounce cartons (2 cups) plain yogurt
1 cup milk

• • •

48 large purchased rolled cookies such as oatmeal-raisin or sugar

In medium saucepan place chocolate syrup; sprinkle gelatin over. Cook and stir constantly over low heat for about 5 minutes or till gelatin is dissolved. Blend in marshmallow creme thoroughly; remove from heat. Cool slightly; stir in vanilla and ¼ teaspoon *salt*. Stir in yogurt and milk till well combined. Chill thoroughly. Turn mixture into a 2- to 4-quart ice cream freezer; freeze according to manufacturer's directions. Turn frozen yogurt into a 13x9x2-inch baking pan; freeze firm.

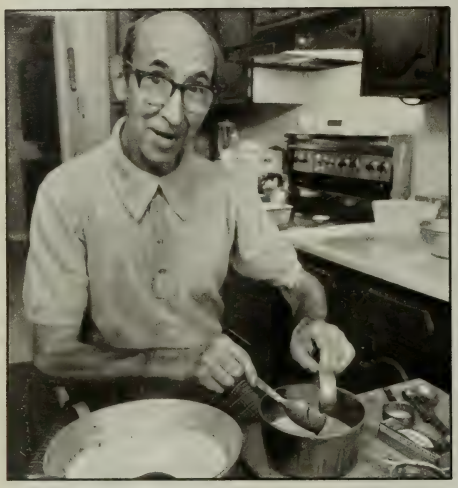
To serve, cut frozen yogurt into squares slightly smaller than the cookies. Place each square between 2 cookies. Serve immediately or freeze. Makes about 1½ quarts or enough for 24 sandwiches. ■



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HE COOKS

Sourdough Pumpernickel Bread





Photographs: Helms; Dieter

After Richard Field retired as a photographic technician, he found he had plenty of time to devote to his hobbies. Besides raising cattle, sheep, and ducks on his farm, Richard likes to cook.

"I've always been interested in baking with sourdough," he said, "but I have never found a recipe for sourdough pumpernickel, so I developed my own." What Richard especially likes about his bread is that it's not as dark as most pumpernickel breads. We think you'll find this bread worth making.

SOURDOUGH PUMPERNICKEL BREAD

2½ to 3 cups all-purpose flour
⅓ cup bran cereal
¼ cup cornmeal
1 envelope active dry yeast
2 teaspoons caraway seed
¼ cup light molasses
1 square (1 ounce) semisweet chocolate
1 tablespoon butter *or* margarine
1 teaspoon instant coffee crystals
¾ cup Sourdough Starter
½ cup cooked mashed potatoes
1 cup rye flour

Mix *1½ cups* of the all-purpose flour, the bran cereal, cornmeal, yeast, and caraway. Heat ¾ cup *water,* the molasses, chocolate, butter, 2 teaspoons *salt,* and the coffee till chocolate and butter melt. Cool to lukewarm (115° to 120°). Stir into dry ingredients along with Sourdough Starter and potato. Beat at low speed of electric mixer ½ minute. Beat 3 minutes at high speed. Stir in rye flour and enough of the remaining all-purpose flour to make a moderately soft dough. Knead on floured surface 5 to 8 minutes. Shape into a ball. Place in greased bowl. Cover; let rise in warm place till double. Punch down. Cover; let rest 10 minutes. Shape into a loaf. Place in a greased 9x5x3-inch loaf pan. Cover; let rise till double. Bake in 375° oven 40 to 45 minutes. Makes 1.

To make Sourdough Starter: Soften 1 package *active dry yeast* in ½ cup *warm water* (110°). Stir in 2 cups *warm water,* 2 cups *all-purpose flour,* and 1 tablespoon *sugar.* Beat till smooth. Cover loosely with cheesecloth (do not use a tightly covered container); let stand at room temperature 5 to 10 days, stirring 2 to 3 times a day.

To keep Starter going: After using 1 cup Starter, add ¾ cup *water,* ¾ cup *all-purpose flour,* and 1 teaspoon *sugar.* Let stand, loosely covered, at room temperature till bubbly, at least one day. Refrigerate. If not used within 10 days, add 1 teaspoon *sugar;* repeat every 10 days. ■

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And a pinch of spices.
So next time, try a sandwich with country-style ham flavor Treet—for a real change of taste.



YOU KNOW IT'S GOOD IF IT'S ARMOUR

FOOD

Flavoring with fresh garlic

Add zest to a wide variety of foods with garlic. Though generally considered a strong-flavored herb, garlic varies in intensity depending on how it is used. Here are a few tips to help you get the most (or the least) out of fresh garlic.

CUTTING

- To put just a hint of flavor in salads, rub a cut garlic clove over the surface of a wooden bowl before tossing the greens. For subtly seasoned bread, rub the slices with garlic before buttering and toasting.
- For lightly flavored vinegars, oils, and dressings, spear whole cloves with long wooden skewers and place them inside the bottled liquids. Remove after several days.
- For mildly seasoned sauces, soups, stews, and main dishes, spear whole unpeeled cloves with small wooden picks and add to the cooking liquid. (The picks make it easy to retrieve the garlic before serving.)
- To flavor roasts or steaks, make small slits in the surface of the meat and insert whole, peeled cloves. Remove cloves before slicing.
- For a stronger garlic flavor, slice, chop, or mince peeled cloves before adding them to foods. The finer the pieces, the stronger the flavor.

COOKING

- Cooking time also affects the pungency of this herb. Add garlic during the last few minutes of cooking to heighten flavor; simmer it long and slow for subtle seasoning.

MINCING

- A vise-like garlic press makes it easy to crush whole cloves. First peel the garlic clove, then place it in the press and clamp the handles together. (Be sure to clean the press thoroughly after each use.)
- With a French knife or a cleaver you can peel and mince the garlic in one operation. Place the unpeeled clove on a cutting surface. Strike the clove with the flat side of the blade, hard enough to crush the clove. Remove any pieces of skin. ■

How one family got their laundry done over the phone.

Based on an actual call made to the toll-free 24-hour Whirlpool Cool-Line® service.

elephone Rings)

ool-Line Consultant: Whirlpool Cool-Line. May I help u?

an: I certainly hope so. I rush home from work, gobble wn dinner, pack the kids in the wagon and head out to k up our new Whirlpool washer. Then back home, hook all up and...nothing.

onsultant: Nothing?

an: Absolutely zotz. Our four year old can make the or open and close, but that's all. So now, the store's osed, my wife's really steamed and I'm not too thrilled yself. Now what are you gonna do about it?

onsultant: Our Cool-Line service is here to help get ings working for you. Let's run through a quick check- t. First, now don't get mad, did you plug it in?

an: We're not that dense.

onsultant: Both water lines hooked up nd the water turned on?

an: Of course.

onsultant: And you set the dial to gular wash and pulled out the control nob?

an: Look, the washer really doesn't ork! Might take the repairman whole day to fix it.

onsultant: Might take just few minutes. You see, hirlpool appliances e designed to make rvicing as quick and sy as possible. ut before you call r service, let me sk you one more question.

an: Shoot.

onsultant: Why did you buy a new washer? What was wrong with the old one?

Man: It was really on the fritz. Blowing fuses and stuff. The service guy said it was hopeless.

Consultant: Is there any chance that old washer blew a fuse one last time without your knowing it? Will you check?

Man: Oh my aching...hang on. (MINUTES LATER) This is embarrassing. All we needed was a new fuse. I'm sorry I hassled you.

Consultant: Sorry you had trouble. Glad we could help.

Man: Hey, thanks again.

This is the kind of two-way communication we've been having on our Whirlpool Cool-Line service for the past eleven years. It's just one example of the continuing concern we have for customers who purchase quality Whirlpool appliances.

If you ever have a question or problem with your Whirlpool appliance, call our toll-free 24-hour Cool-Line service at 800-253-1301. In Alaska and Hawaii, the number is 800-253-1121. In Michigan, call 800-632-2243.

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FEATURES Margaret McMahon

GOOD NEWS PLUS

Kitchen space saver



If you're short on space but long on cooking gear, this slick new kitchen rack system can help you get organized. Called the Kitchen Workshop, it's a modular system of natural oak bars with steel fittings. The major components are two bars, one 13⅜ inches long and the other 26⅜ inches long, with hooks for pots, racks for bottles, and bars for a shelf or rolls of paper. In addition, two of the bars, one in each length, are knife racks with a hook for a sharpening steel. Besides the knife racks, the Workshop includes two spice racks, one for seven bottles, the other for 15 bottles; a four-bottle canister rack; a paper towel holder; a foil/plastic wrap dispenser; a pot rack with 12 hooks; and a shelf/cutting board. The wood has been treated with a nontoxic oil to protect its surface and retain its rich patina. The wire forms are made of stainless steel. Units are priced from $9 for the small knife rack to $25 for the 15-bottle spice rack. Although designed for the kitchen, the system could be used in the entry as a coat hanger, or in the bathroom or any work area for storage. Design Lines Inc., P.O. Box 5419, Grand Central Station, N.Y., N.Y. 10017.

Rooms for inspiration



The most successful homes are those that reflect the spirit and personality of an individual or family. Nowhere is this better illustrated than in the lovely "Living Quarters" series of paperback books published by Quick Fox (33 West 60th Street, N.Y., N.Y. 10023). Photographed all over America, the homes illustrated are examples of good design by people who know what they love and want to live with. Just by browsing these "picture books," you'll learn more about what makes a room good and a house charming than by studying most of the larger and more expensive decorating books available.

Rooms with a View is by Herbert Wise; *Made with Oak, Living Places,* and *Good Lives* are by Herbert Wise in collaboration with Jeffrey Weiss.

The newest volume in this series extends the franchise of the other four to the exterior of the house. *Around the House,* by David Frazier, takes a look at doorways, yards, fencing—in other words, all the elements that create the face your home shows the world. The books are $6.95 each with the exception of *Made With Oak,* which is $5.95. You can pick them up —or order them—at your bookstore.

Wall power



If you're in the market for inexpensive but exciting graphics, take a look at the British Museum (Natural History) collection of plant ecology wall charts and prints. The charts are reasonably priced ($6), large (24 inches by 31 inches), beautifully executed in detailed color, and are botanically accurate. The Museum has recently added five new charts to the line.

Besides the botanical charts, the Museum collection includes handsome colored prints of flowers, birds, and animals. These prints vary in size and the prices range from $4 to $7.25.

A complete color brochure illustrating all of the prints and posters is available for 50 cents from the American distributor, United Communications, P.O. Box 320, 233 Mosher Ave., Woodmere, N.Y. 11598. You can also order prints and charts directly from this source. The shipping charge is $1 for any number of prints.

With the catalog comes a dividend: a color flyer on the New York Botanical Garden posters and the "Herb and Ailment Cross Reference Chart." The latter is 30 inches by 40 inches and tells you more about herbs than you ever dreamed of knowing.

continued

Block Front Chest from the Heirloom Collection. About $400.



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GOOD NEWS PLUS

Improved fabric paints

Prang Fabric Paints by American Crayon Company have been reformulated, and the new water-based paints are a distinct improvement over the old petroleum-based kind. These new paints have two advantages. First, the painted fabric retains its original soft feel. And second, after heat processing (with an iron or in the oven), the colors are permanently bonded to the fibers so that the cloth can be washed or dry-cleaned. The new paints are available in ten colors including black and white, but can be mixed to create as many as 150 shades. Best of all, the paints work with any technique: stenciling, brushing, tie dying, or silk-screening. Prang paints are offered in kit form for $10.95, or you can buy individual colors in eight-ounce jars for 90 cents. They're sold in hobby centers and artist supply stores.

Computerized car shopping

Choosing a car from the hundreds of models on the market today can give you a monumental headache. A new service called The Steering Wheel will simplify decision making and probably save you money too. All you have to do is fill out a comprehensive questionnaire concerning your likes and dislikes, desired options, etc., and send it along with $9.95 to The Steering Wheel. In return, they'll send you a computer printout recommending the three cars that best answer your needs. The Steering Wheel has no affiliation with any automotive manufacturer, distributor, or dealer, so you can be sure the information is unbiased—except in your favor. For more information write The Steering Wheel, Ltd., P.O. Box 5647, Rockford, Ill. 61125.

Booklet bonanza

Manufacturers and special interest groups often publish useful and informative pamphlets that are available free or at a nominal charge. Here is a group of some of the best:

Drying Flowers in Your Microwave Oven, Consumers Institute, Dept. OF, General Electric Company, Appliance Park 4-206A, Louisville, Ky. 40225 (free with self-addressed stamped envelope). Follow this complete step-by-step guide and you can have overnight what it took Martha Washington a week to accomplish.

A Dictionary of Textile Terms, Dictionary Department, Dan River Inc., 111 West 40th, N.Y., N.Y. 10018 (50 cents). This booklet tells you where mohair comes from, what percale means, and lots of other fiber/fabric facts.

Guide to Man-Made Fibers, Man-Made Fiber Producers Assoc., Inc., 1150 Seventeenth Street, N.W., Washington, D.C. 20036 (50 cents). Besides answering questions concerning the properties of man-made fibers and their care and uses, this booklet also includes a consumer guide which amplifies garment-label care instructions.

The Wonderful World of Play, Hasbro Industries, Inc., 1027 Newport Avenue, Pawtucket, Rhode Island 02861 (free). Two authorities in the field of child care have written this charming and informative book on the special role of play in developing a healthy, well-rounded child.

We Can Save Ourselves, Publisher Associated Book Seller, P.O. Box 6361, Bridgeport, Conn. ($1.95). This book, sponsored by the Edison Electric Institute, is a thorough handbook on the energy crunch. A background of the crisis is provided along with specifics about how to make your home more energy efficient and change wasteful habits. ■

PRESENTING THE BEST WAY TO CLEAN UP THE WORST JOB IN THE KITCHEN.

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And you should know that the General Electric self-cleaning system gets your oven much cleaner than any continuous cleaning system. The GE self-cleaning process costs only pennies each time you use it, too.*

A choice of styles to suit your style.

General Electric offers you a complete line of self-cleaning ovens to choose from. So whatever style of oven you want – built-in, slide-in, freestanding, single or double oven – there's a GE self-cleaning oven that's right for you.

The GE self-cleaning ovens. The best way to clean up the worst job in the kitchen.



This is the JB500, our most popular self-cleaning oven. Its modern detailing includes a precision digital clock and timer, attractive wood-grain vinyl trim and a glass control panel, together with three special features to help you save energy.

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EXPANDOMATIC BY® HAGGAR

FAVORITE GET-AWAY-FROM-IT-ALL VACATION SPOTS

Want to escape the bright lights and the roar of traffic, the gaudy hurly-burly and the frenzied pace of daily living? All across America there are hideaway vacation spots that offer serenity and natural beauty, cozy and distinctive accommodations, and the perfect opportunity to slow down, to unwind. Enjoy each other. Dine quietly by candlelight. Commune with nature. These vacation spots are truly places where you can "get away from it all," in some cases as a family (but leave your pet at home), and in others as a couple.

On these pages we describe 11 such vacation havens that range from ocean-side to mountaintop, from Hawaii to Texas to Maine and Florida. For each area we've chosen a very special inn (or inns) where pleasant ambience adds enormously to the quality of your visit. Granted, the shared bath may very well be down the hall, telephones in guest rooms are rare and even rarer are television sets and radios. But that's all part of the get-away-from-it-all charm of these places.

Some of these inns are open year-round, others only seasonally. Some are very small, accommodating a dozen or so guests, while others have ample room for more than 100. Some restrict their hospitality to adults, yet others extend it enthusiastically to families with children. Some are quite expensive but most are absolute bargains. Some offer robust family-style meals while still others go the gourmet route. Reservations are recommended for any and all of these hosteiries.



COASTAL TOWN FROM YESTERYEAR

North from San Francisco, beyond deep river canyons and lofty, dim redwood forests, Mendocino clings to a wild, rugged bit of Pacific coast. The town is a vision of the rollicking Victorian California of the 1800s. Here the MacCallum House, a big gingerbread town house, envelops you in yesteryear ambience.

The floors at this comfy year-round retreat slope a bit, to be sure, and the four-foot-long bathtub is down the hall. Still, the atmosphere is relaxed and congenial, and the attention to detail is meticulous. There are huge carved wood beds, lovely Tiffany lamps, and delicate vases filled with fresh flowers.

Your room may be in the main house or in one of the outbuildings—a refurbished child's playhouse and a roomy carriage house (20 rooms in all). Rates go from $35 for two ($5 for a rollaway for a child) up to $75 for a six-person suite.

An old oil lamp and a crackling fire help to illuminate the MacCallum House's sophisticated restaurant. Try the fresh poached salmon and Mendocino region wines.

Mendocino itself is a village of boardwalks, wooden facades, and water towers. The area's climate is moody: fog in summer and winter rains that nurture the nearby lush forests.

Because Mendocino is compact, it's ideal for sight-seeing on foot. And there's lots to see. Shops, galleries, and studios offer chic apparel, crafts, antiques, and art of high quality.

Since the MacCallum House restaurant doesn't serve lunch, you might opt for a picnic on the coast. You can pick up the makings at The Cheese Shop, or take along sandwiches from the old-fashioned Mendocino Ice Cream Company.

Cliffs and rocky shore, little lagoons, and sand beaches in river-mouth coves are beguiling settings for just lazing around, beachcombing, even surf fishing and whale watching.

May is rhododendron blossom time in the forests hereabouts. One place to see both native and hybrid rhododendrons is the Mendocino Coast Botanical Garden ($2.25) just south of the town of Fort Bragg (about ten miles up the coast). There you also can ride the rails on old-time trains (the Skunk and the Super Skunk) back into the forested mountains where highways never reach (half-day trips $6.90, kids $3.90).

For information, write Bill and Sue Norris, MacCallum House, Box 206, Mendocino, California 95460.

continued



RE-CREATED HAWAIIAN VILLAGE

To sample a little of what Hawaiian village life might have been like years ago, head for the lava-spewed Kona Coast of the Big Island (Hawaii). Here, at the Kona Village Resort, tranquillity still reigns supreme.

Almost everything about this hideaway is special. It's situated on the site of an ancient fishing village overlooking a private emerald-colored bay fringed with white sand and rustling coconut palms. A churned and swirled black lava desert makes a magnificent backdrop. And, the friendly staff sees to it that there's plenty of *"aloha* spirit" to go around.

Hales (bungalows) on stilts are scattered in garden settings along the ocean, beside a splendid lagoon. Each one is patterned after yesteryear dwellings on different Polynesian isles, though all the bungalows are comfortable and modern inside.

The Village is dedicated to the casual, lazy way of life. Visitors can go sailing or paddle an outrigger, swim in a freshwater pool, snorkel pastel worlds of coral, hike the now-green slopes of an old volcano, or explore ancient petroglyph-adorned shelter caves.

Ocean-side dining, in a New Hebrides long house, features tempting American, Hawaiian, and European dishes. The Village's weekly *luau* is one of the best in the islands.

Rates start at $145 a day for two adults, including meals, beach gear, and recreation except fishing charters, scuba diving, and tennis lessons. Kids 12 and under can stay with their parents for $35 a day.

A benevolent combination of sunshine, sea, and history makes the 60-mile-long Kona Coast a favorite with vacationers. The resort town of Kailua, about a half-hour south, hums with tourist activity. Among its attractions are the oldest Christian church in the islands and a summer palace once reserved for Hawaiian royalty. Coastal waters are noted for outstanding fishing. And there's a couple of fine stretches of sand to enjoy at Hapuna State Park and Anaehoomalu Bay, along with spectacular lava landscapes.

To the south lies the City of Refuge, where tribal renegades and beaten warriors fled to safety long ago. And to the north at Lapakahi State Park, there's a recently excavated ancient fishing village, along with a huge *heiau* (temple) once used for human sacrifice.

For more information about Kona Village and the best ways to get there, write Barbara Campbell, Sales Manager, Kona Village Resort, Box 1299, Kaupulehu-Kona, Hawaii 96740.

Illustrations: Blaser/Kimball Art Studio



VICTORIAN HAVENS IN THE NORTHWEST

Just two hours north of Seattle, via road and ferry, the fishing village of Port Townsend gives you a choice of spectacular views—the Cascade Mountains, Mount Rainier, the Olympic Mountains, and Port Townsend Bay.

Visitors can quickly get into the gentle mood of this village at two spotless Victorian lodgings: Port Townsend's James House and the Quimper Inn. Both were built in the late 1880s and have been delightfully restored.

At the James House, seven spacious double rooms are furnished with period antiques and three suites boast fireplaces or parlor stoves. You'll quickly be on a first-name basis with other visitors who gather in the evenings around the fireplace or in the parlor. Rates (including continental breakfast, served next to the wood-burning range in the old-fashioned kitchen) run $30 double (bath down the hall). Suites start at $38 double, $48 for four (with bath). Children must be at least 12 years old to stay here. Write Lowell and Barbara Bogart, James House, 1238 Washington Street, Port Townsend, Washington 98368.

At the Quimper Inn, six large antique-furnished rooms give you either a sunrise or sunset view of saltwater and mountains. Like the James House, its spacious living room also invites evenings of conversation or reading by a crackling fire. Rooms are $28-$30 double, including continental breakfast. Children under age five are not welcome, and smoking is not permitted. For information, write Heidi and Tony Rodeghier, Quimper Inn, 1306 Franklin, Port Townsend, Washington 98368.

Neither inn serves lunch or dinner, but within an easy stroll are several excellent restaurants that feature local seafood—salmon, clams, oysters, crab, etc. On weekends, the Farmhouse (at the edge of town) features an ethnic menu that changes monthly.

Exploring fascinating Victorian architecture is the leading diversion in and around Port Townsend. Two stops you shouldn't miss are Rothschild House (open daily except Monday May through September; free) and Starrett House (open daily; small admission charge).

The arts and crafts shops along Water Street are a browser's paradise. They're filled with everything from Indian wood carvings to stained glass.

Adjacent beaches and state parks invite leisurely beachcombing, clamming, and oystering. Nearby is the old, partially preserved military outpost of Fort Worden.

continued

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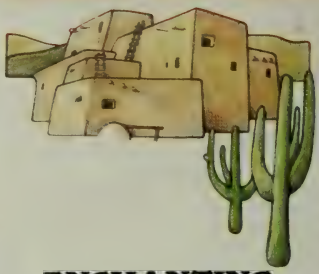
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cooling menthol and
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Salem Lights



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ENCHANTING SOUTHWESTERN GUEST RANCH

In the high chaparral country where Spanish conquistadors once searched for treasure just north of Santa Fe, New Mexico, there's a classy guest ranch called Rancho Encantado, known for peace and privacy.

Some vacationers come to the ranch for tennis and swimming. Others are attracted by sight-seeing on horseback along trails first traveled ages ago. Hunting, fishing, and overnight pack trips also can be arranged.

But perhaps the principal lure is the warm hospitality that makes visitors feel like "part of the family." The ranch is also renowned for its enchanting accommodations and outstanding dining room. Behind a white adobe facade, the quietly elegant lodgings combine comfort and authenticity. Every unit is decorated differently—from the quaint rooms in the main lodge to spacious low-lying suites. All feature restored Spanish-style antiques and art, along with Indian handicrafts. Wood-burning adobe fireplaces warm most of the rooms.

The mood in the timbered dining room is more sophisticated than you might expect at a guest ranch. The service and atmosphere are truly gracious. At dinner, a flamenco guitarist or a string quartet often entertains. It's hard to go wrong with any selection on the menu, whether you choose traditional Southwestern favorites with a Spanish flair, tender beef in its prime, or Pacific seafood flown in fresh.

The ranch hosts about 60 guests May through October. Rates start at $66 a day double for lodge rooms; from $72 for suites. Kids stay with their parents for $10 a night. Tennis and swimming are included.

History permeates this region of northeastern Mexico, which was a center of early Spanish influence and Navajo culture. Indian pueblos like those at Tesuque, San Ildefonso, and the Bandelier National Park wait to be explored, along with Spanish villages, fortress-like missions, and unique museums. Spanish artists and craftsmen pursue their trades in picturesque little mountain villages. The cool, green Sangre de Christo Range lures guests to hike, camp, and fish.

Historical Santa Fe is just minutes away. You'll be intrigued by the Spanish-Indian architecture, craft shops, and galleries. The excellent Santa Fe Opera performs in a splendid amphitheater just outside town (July and August). The famed art colony and Indian pueblo at Taos are less than an hour's easy drive northeast.

For information about the ranch, write to John Egan, General Manager, Rancho Encantado, Box 57C, Route 4, Santa Fe, New Mexico 87501.



SPLENDID ROCKY MOUNTAIN HIDEAWAY

If mountain wilderness is to your liking, but roughing it isn't your style, a haven deep in southwestern Colorado's Rockies may be just what you're looking for. It offers a magnificently isolated high-country setting plus conveniences.

Aptly named, Tall Timber neighbors on millions of acres of national forest land between the once-rowdy Old West town of Durango and the mining settlement of Silverton. Not even roads mar the scenery. The only way to reach this special spot is aboard an old-time narrow-gage steam train that chugs through dense forest, beside plunging waterfalls, and along narrow ledges above a most awesome canyon.

You can swim in a small pool, play tennis, or practice golf on a putting green. But the prime attractions at Tall Timber are the splendid isolation and magnificent scenery—acres of mountain meadows in the shadows of sky-high peaks. Marked hiking trails invite exploring, and trail rides can be set up with a ranch down the tracks. Or just wander off on your own, with the wildlife, warm sunshine, and mountain breezes for company.

Tall Timber is open May through September. Weekly rates run $340 per person double or $70 a day, including all meals and recreation except trail rides. Kids two to four pay half rate; over four, $320 a week or $65 a day. Accommodations for about 30 guests are in condominium-style units. Each unit's living room boasts a hulking stone fireplace.

There's never any reason to dress up, even for the delicious dinners—complete with candlelight and crystal. Vegetables come fresh from Tall Timber's own gardens. The aroma of just-baked goodies regularly sifts through the dining room.

If you can pull yourself away from Tall Timber's embrace, there's plenty to enjoy in the vicinity. Southwestern Colorado is one of the most beautiful and enticing areas of the West. Two-million-acre San Juan National Forest is loaded with scenery and vacation pastimes, including boating, swimming, and fishing at lovely Vallecito Lake, about 20 miles northeast of Durango. US-550 north from Durango to the little mountain town of Ouray is one of the most scenic drives anywhere.

The eerie, prehistoric Indian cliff dwellings of Mesa Verde National Park lie about 40 miles in the other direction. The town of Ignacio, the hub of the Southern Ute nation, is 25 miles southeast.

John Haveles, general manager, can provide more information. Write to him at Tall Timber, Box 90, Silverton, Star Route, Durango, Colorado 81301.

continued

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HISTORIC EAST TEXAS RETREAT

Amidst the pine forests of northeastern Texas, the little town of Jefferson steps back from a river that once made it a booming inland seaport. (Nature's caprices and the Corps of Engineers' efforts eventually left Jefferson high and nearly dry.) Back in the 1850s, *the* place to stay was the Excelsior House, and it still is.

Each of the 16 bedrooms in the Excelsior House is tied to a bit of history. There are suites once occupied by Presidents Hayes, Grant, and Lyndon B. Johnson and Lady Bird. There's even a room with an antique sleigh bed. Rates are $16 and $18 double.

Members of the Jessie Allen Wise Garden Club give afternoon tours ($1) of the hotel they restored in the early 1960s. Make note of the pressed tin walls and ceiling in the grand ballroom and the ornate Dresden chandelier in the dining room. The Garden Club also tracked down and restored a 19th-century railroad magnate's private railroad car. This opulent maple and mahogany relic can be toured for 50 cents.

Breakfast is the only meal served at the Excelsior House ($3), and it's not to be missed. Hotel manager/chef Cissie McCampbell works magic with grits, eggs, and bacon she serves up with heavenly orange blossom muffins.

For lunch, try a homemade soup and sandwich repast served in the quaint back room of the Cargo Gallery, an antique shop that's just down the street from the Excelsior House. Another possibility is the New Jefferson Inn, which serves lunch (except Monday) and supper on Friday and Saturday.

At dinnertime you might sample any of a half dozen popular local "catfish spots," but Shreveport, Louisiana, one hour east, offers the closest really splendid evening dining.

Jefferson boasts 59 State Historical medallions awarded to restored homes, churches, and other buildings. Many of the buildings are open for tours during the first weekend in May and at other times by special arrangement.

Other diversions include many antique shops; the Jefferson Historical Museum; and an old doll collection at the Carnegie Library.

Nearby Caddo Lake and Lake O' The Pines are perfect bass-fishing territory. Relax for an hour or so on a boat tour of the moss-covered cypress bayous on Caddo Lake. Caddo Lake State Park is perfect for picnicking and hiking in the woods.

For reservations at the Excelsior House, write Cissie McCampbell, Excelsior House, Jefferson, Texas 75657.



SERENE OUTPOST IN THE NORTHWOODS

Once, the rocky hills, woods, and shores of Michigan's Keweenaw Peninsula—a thick finger of land that pokes out into Lake Superior—echoed with the sounds of copper mining and commerce. Today, most of those intrusions have vanished, and vacationers come here for pine-scented holidays at a serene outpost called Keweenaw Mountain Lodge.

The county-owned Lodge is a rustic log-and-stone complex that includes golf course, tennis courts, gardens, and guest cabins. All are tucked snugly on a scenic inland slope about a mile from Michigan's northernmost community, Copper Harbor. It's a perfect place to soak in the quietude, search for agates on the Lake Superior beaches, or try your luck fishing for trout.

Built in the early '30s, the Lodge's main building houses two large fireplaces, a lounge, and a charming dining area where tables are set with soft yellow cloths. The fare ranges from wheat cakes at breakfast to South African lobsters for dinner. Whitefish and fresh trout also are mealtime favorites, and the wine list is ample.

Each guest cabin has a living room with a cozy stone fireplace; two beds in every bedroom; bath; and telephone. Rates are $25 per night for a one-bedroom cottage (one or two guests), or $44 a night for a two-bedroom (one to four guests). Manager Nancy Draggoo welcomes guests at the Lodge from June 10 to October 15.

Just minutes away are a 19th-century fort, an antique museum, a magnificent mountaintop view of Lake Superior, rugged stretches of coast, sand dunes, fishing sites, and hiking trails. Although only brave souls enjoy swimming in frosty Lake Superior, several smaller, warmer lakes are nearby.

You can tour a copper mine, a lighthouse, gaze at a trio of waterfalls, or spend a day cruising to Isle Royale National Park and back on the *I.R. Queen,* which docks in tiny, picturesque Copper Harbor ($25 for adults, round trip; children under 12, $14).

Forty minutes away is the beautiful Calumet Theater, where the touring Detroit Symphony Orchestra plays. Write the Calumet Theater, Calumet, Michigan 49913, for a schedule. Michigan Tech's excellent mineral museum is an hour's drive from the Lodge.

Keweenaw Lodge lies 472 miles from Chicago and 388 from Minneapolis. There are scheduled commuter flights to the Peninsula, too, and the Lodge will arrange to pick you up at the airport.

For more information, write Nancy Draggoo, Keweenaw Mountain Lodge, Copper Harbor, Michigan 49918.

continued

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TRANQUILLITY ALONG THE TIDEWATER

You can leave Washington, D.C., after work and arrive at the Robert Morris Inn, on Maryland's Eastern Shore, in time for a leisurely dinner. When you arrive, you'll feel transported way back in time. This Williamsburg-yellow clapboard Inn and the Robert Morris Lodge, its annex, have managed to maintain a gentle colonial mood. In fact, you can still hail the country's oldest ferry at the Inn's back door. And at night, you'll drop off to sleep to a cricket symphony as waves slap softly against the ferry pier.

Parts of the Inn date back to around 1710. Chances are you'll be sleeping in a big four-poster or climbing the steps to a trundle bed's elevated mattress.

There's a wide range of accommodations with prices to match. Doubles run from $20 (shared bath) to $54 (private bath with a sea view). In the original section of the Inn with the four-posters, you pay $25 (shared bath) to $32. Children in your room pay $5. Apartments, accommodating up to five persons, are available for $56 to $60 a night. The Inn is open year-round except for Christmas Day.

Dining isn't inexpensive, but it's well worth the price. The menu is laden with gourmet specialties—oysters topped with crab meat, seafood Norfolk, crab imperial, fresh strawberry pie. Full dinners run $12 to $22 per person, plus drinks. Lunches and elaborate country breakfasts come to about $5.

Pastimes are simple and leisurely, like sunning and splashing at a small, quiet beach by the inlet where the ferry docks. Or take time out to daydream under the magic green dome of a weeping bronze beech tree.

The town of Oxford remains bucolic except during the regatta (second week in August), the annual antique show (last weekend in September), and the waterfowl festival (second weekend in November). At any time of year you can have fun browsing the antique and handicraft shops. Or you can rent a bike to explore the neighborhood ($7 a day), charter a 16-foot day sailer for four ($40), or hire a boat for water skiing or fishing ($25). Or fish from the town dock.

At the nearby lively pleasure port of St. Michaels, an excursion boat makes trips on the Miles River (mid-May to mid-October; $3). There's also an intriguing maritime museum to visit.

For more information and reservations, write Ken and Wendy Gibson, Robert Morris Inn, Oxford, Maryland 21654.



IDYLLIC OPTIONS ON MAINE'S COAST

Paradoxically, the rugged Maine coast is as tranquil a vacation area as you could wish. What's more, two peaceful, clapboarded retreats wait seaside just an hour south of Bangor.

The Blue Hill Inn has been welcoming travelers in the shipbuilding town of Blue Hill since 1840. The cozy guest rooms (each with bath) and cheery parlors are decorated with a pleasing mix of colonial and comfortable overstuffed furniture. You can lounge on a sundeck off the dining room and watch croquet on the west lawn.

Seafood fresh from nearby Blue Hill Bay and the Inn's fabulous roast beef are two of the dining room specialties, along with home-baked breads and pies. Liquor and wine are not served, but you may bring your own.

Doubles are $30 June through September ($24 the rest of the year). Children are welcome. Write Jean and Fred Wakelin, The Blue Hill Inn, Blue Hill, Maine 04614.

The whole area is a mecca for craftspeople. Mugs, dishes, and amusing sculptured animals are fashioned at the famous Rowantrees Studio. Nearby East Orland is the place to shop for quilts and old-fashioned toys.

History buffs will be intrigued by a tour of the town of Blue Hill. And nearby Castine was a sanctuary for the British during the Revolution. While you're there, tour the Maine Maritime Academy's training ship, *State of Maine*. Music lovers will revel in the sounds from the Kneisel School of Music in Blue Hill or the Domaine Conductor's School at Hancock.

Deer Isle lies 16 miles south of Blue Hill via bridge and causeway and here you'll find plenty of skilled potters, weavers, and silversmiths at work on their wares. You'll also find the charming 1793 Pilgrim's Inn, our other choice for Maine coast lodging. You'll probably have to bathe down the hall, and if the weather gets chilly (in the fall), you'll stoke up the wood-burning stove in your room. Nevertheless, the experience is delightful.

There's lots to like about Pilgrim's Inn, including the cozy antique furnished rooms and the spectacular view out across Penobscot Bay as well as a lovely millpond at the back door. But it's the cooking that you'll really remember. Specialty of the house is authentic open-hearth cuisine.

The Pilgrim's Inn is open May through November—prices run $38 a day per person (including breakfast and dinner). Children under 12 pay half price. For more information write George and Eleanor Pavloff, Pilgrim's Inn, Deer Isle, Maine 04627.

continued



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TYROLEAN CHALET IN FLORIDA

The orange-tree-laden hills of central Florida bask in the same enviable climate that's long lured visitors south, but the area is far less touristy than many of the coastal areas. And here, just four miles from Lake Wales, is Chalet Suzanne, a surprising tropical Tyrol that combines a delightfully eclectic inn and restaurant with a miniature Alpine village.

For nearly 50 years, Chalet guests have found themselves ensconced in a lakeside happy land highlighted by tiny gabled roofs and rustic doorways framed by brilliant tiles.

Each of the 30 rooms at the inn is different. For example, the Apple Blossom Room is a mixture of cozy prints and mellow, antique furniture while the Governor's Suite is elegantly simple—except for the giant sunken bath of vivid Moorish tiles. Rates are: $28-$38, double occupancy (children under 12, $3). Suites: $40-$60. The inn is open year-round.

In the Chalet dining room, the glasses, silverware, china, and chairs are different at each table. A Tiffany lamp hangs in one corner of the dining room, a French globe in another, plus a venetian glass grape lamp and an ancient ship's lantern from Singapore.

Such a setting calls for *haute cuisine,* and that's what you get. (Some guests are astonished to find they pay more for dinner than for their room.) For lunch, try the Soup Romaine, followed by crab thermidor. In the evening, feast on Chicken Suzanne.

Beyond the inn and its well-stocked lake, its pool and rolling lawns, lies "old" tourist Florida, a land of luxuriant natural beauty. A drive of a few minutes takes you to the flower-filled world of Cypress Gardens where Southern belles in crinolines still grace an Old South mansion. Hang glide artists and water skiers entertain daily.

The Gardens' 46 full-time gardeners tend acres of parrot-colored vegetation, and visitors can stop and marvel at their favorite spots. Admission is $5; kids 12 through 16, $4; six through 11, $3; under five, free.

Nearby is the Bok Singing Tower and Mountain Lake Sanctuary. The restful park on a pine-covered knoll is an ideal setting for a massive 53-bell carillon. You can spend a perfect afternoon meandering through the verdant 130-acre sanctuary and listening to bell concerts and the songs and calls of more than 100 species of birds. Admission is $2 per car.

For information write: Carl and Vita Hinshaw, Chalet Suzanne, P.O. Drawer AC, Lake Wales, Florida 33853.



REFUGE IN SMOKY MOUNTAIN COUNTRY

Way off in the most remote corner of the North Carolina Smokies, a cozy mountain lodge called Hemlock Inn occupies a solitary hillside clearing where you can really get away from it all. There are no room phones, no television, and no swimming pool—just lyrical songbirds, misty peaks, and meadows agleam with wildflowers as far as the eye can see.

But the 27-year-old Inn is far from primitive. Each of its 25 well-furnished rooms has a private bath and shower. Dining is family style, with every table bearing a huge lazy Susan laden with robust food.

Hiking is the sport of choice here and you'll find plenty of trails just two miles from the Inn around the rarely used Deep Creek entrance to Great Smoky Mountains National Park.

Deep Creek is stocked with rainbow and brown trout, and fishing is excellent ($6 for a nonresident three-day license). If you're game for a bouncing, wet run down the rushing Creek, the Inn will gladly supply inner tubes.

You'll pay from $40 to $45 a day per couple for your room, dinner, and generous country breakfast. Guests are welcome May through October. The additional charge for extra persons over age ten is $11; kids under ten, $6. If you're going to be out on the trail sight-seeing, you can pick up box lunches at the Inn for $1.50 each.

Nearby attractions include Oconaluftee Indian Village on the Cherokee Reservation; white water rafting, canoeing, and kayaking on the Nantahala and Chattooga Rivers; and Fontana Lake for boating and swimming.

The Inn is situated 60 miles south of Asheville, off US-19. For information and reservations: write Ella Jo and John Shell, The Hemlock Inn, Bryson City, North Carolina 28713.■

SOURCES FOR MORE INFORMATION

To find out more about attractions convenient to our get-away-from-it-all vacations, contact the appropriate state travel bureaus (care of the state capital). You also can ask them for information about additional inns. Or check out the following books:

- *Classic Country Inns of America* (three volumes: *New England and The Maritimes; The Mid-Atlantic and The South;* and *The Pacific Coast and The Southwest),* Holt Rinehart and Winston, Inc., New York ($15 per volume).
- *Country Inns and Back Roads* (North American edition), published by Berkshire Traveller Press, Box G, Stockbridge, Massachusetts 01262 ($5.95).

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MINCEMEAT DESSERTS AND HOLIDAY SNACKS AND APPETIZERS

Do you have a special holiday dessert that's made with mincemeat? Are snacks and appetizers your forte at end-of-the-year celebrations? Send us your recipes—you could win next December. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next December. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Mincemeat Desserts

Any dessert such as a trifle, refrigerator dessert, cobbler, jelly roll, or a filled pastry that features prepared mincemeat could be a winner. Hints: **mincemeat-walnut parfaits, mincemeat-filled angel torte, mincemeat orange whip.**

Holiday Snacks/Appetizers

Share your recipes for unique hot or cold appetizers, appropriate for holiday entertaining. Maybe you have an idea for a delicious low-calorie snack. Tips: **Scandinavian herring canapés, fried eggplant wontons, pecan cheese nuggets.**

THIS MONTH'S WINNERS

(See recipes on pages 143 and 144.)

Cooks-of-the-Month

Carolyn Z. Faget, Oakland, Calif.
Kathy Smith, Salt Lake City, Utah

Runners-up

Bobbie Mae Cooley, Bowen, Ill.
Barbara Daniels, Lebanon, Oreg.
Mrs. Mary Anita Gamberoni, Butler, Pa.
Ann Knapp, Tacoma, Wash.

Honor Roll

Mrs. Suzanne Casioppo, Newington, Conn.
Helaine Detamore, Auburn, Wash.
Mrs. Harold Hemminger, Webster City, Iowa
Mrs. Leonard E. Levin, Waltham, Mass.
Mrs. Sandra Lewis, Deerfield, Ill.
Mrs. Dolores Ramsey, Wheeling, W. Va.
Mrs. Joseph F. Roome, Kailua, Hawaii
Jean Sunderland, Dayton, Wash.
Gladys Winkler, Burbank, Calif.
Mrs. Cynthia B. Wood, San Diego, Calif.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "December Mincemeat Desserts" or "December Holiday Snacks and Appetizers."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, May 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7905 Food Department Better Homes and Gardens, Des Moines, Iowa 50336.**



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No matter where you want to go in Canada, VIA has a tour for you. For gateway, destination, departure point and other details on our escorted Explorer, independent Discoverer and low-cost unescorted Venturer tours, contact your Travel Agent or us, VIA Rail Canada, P.O. Box 8117, Montreal, Quebec, H3C 3N3, Canada. Prices quoted are per person, double occupancy.

Be good to yourself, take the train.

VIA

TRAVEL Barbara Humeston

TRAVEL WEST

Alaska's wilderness cabins



For some travelers to the 49th state, the view from the road isn't enough. More and more visitors want to experience true Alaskan wilderness, but without committing themselves to a major expedition. A good compromise is vacationing at a wilderness cabin.

Best bargains

More than 200 rustic cabins, maintained by the U.S. Forest Service, are tucked away in the backcountry of central and Southeast Alaska. They rent for $5 per night, making them one of the state's best travel bargains.

The cabins are intended for the adventurous. A few can be reached by foot or boat, but most are accessible only by chartered float plane.

The bungalows range from the old-fashioned log variety to new A-frames. All are simple, rustic shelters that sleep at least four vacationers; some sleep up to a dozen. Though the units were built without electricity or running water, each comes equipped with bunks, wood or oil heating stoves, one-hole privies, and rudimentary tables and benches. For seasoned wilderness travelers, all these trappings are considered luxuries; for inexperienced newcomers, the cabins offer a secure home base from which to explore Alaska's backcountry.

Most of the cabins are in remote areas of the Tongass National Forest in Southeast Alaska, but about one-third are situated in the Chugach National Forest near Anchorage. Regardless of the area, you'll be miles from civilization, with bald eagles, moose, fox, perhaps an inquisitive bear (ask rangers about their recent activity), and in some months, a number of mosquitoes for your neighbors.

Figure on a flight of an hour or two at most to reach your cabin. Most planes leave either from Anchorage and Seward (for Chugach) or Juneau and Ketchikan (for Tongass). This summer the charter rate for a float plane for two people and their gear will run about $125 per hour.

Always ready

The key to enjoying this type of wilderness vacation is to go prepared. You'll need a complete outfit of camping gear, including sleeping bags and air mattresses, map and compass, portable stove and fuel for cooking, and all your own food and utensils. Since there's always a good chance of rain, bring ponchos and pack perishables in waterproof bags. Don't forget a first aid kit and mosquito repellent. You'll need an Alaska fishing license and

Fishing is among the favorite pastimes.



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your tackle to cast for trout and, later in the summer, silver salmon. Some cabins on safe boating waters have rowboats that can handle motors up to 7.5 hp, so you may even want to bring along your own outboard motor, fuel, and life jackets.

Because the cabins are so popular and such a bargain, advance reservations are necessary. For maps listing cabin locations and facilities and reservation forms, write to: Tongass National Forest Cabins, Box 1049, Juneau, Alaska 99802, and Chugach National Forest Cabins, Pouch 6606, Anchorage, Alaska 99502.

After choosing your cabin, mail the reservation form and advance payment for your entire stay to the district office noted on the map. Be sure to include two alternate cabin choices, in case your first choice is booked up. ■

TRAVEL PLANNING GUIDE
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The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

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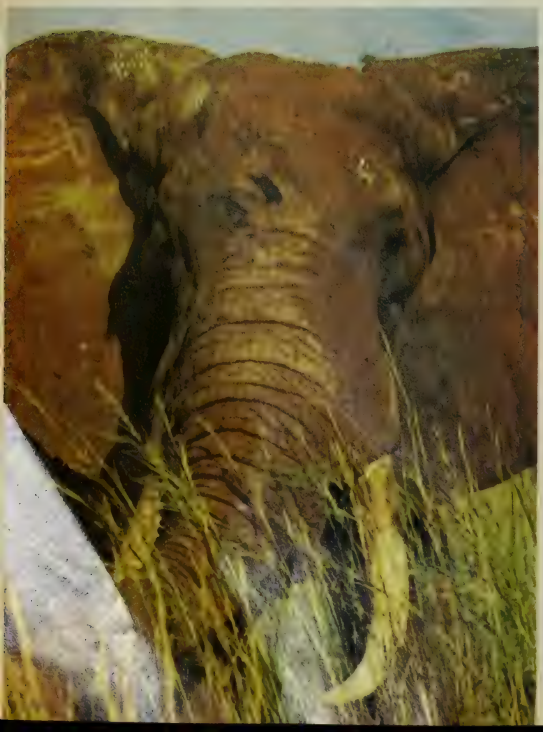


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city. San Diego.



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HOME ENTERTAINMENT

Reactivating your fondue pot

Has it been ages since you cooked up a fondue at your house? If so, your metal or ceramic fondue pot is probably hidden away in a kitchen cabinet—and that's a waste of a perfectly good utensil. Pull it out, dust it off, and consider some different ways to use it.

Edibles

A fondue pot is an excellent serving dish for hot soups, sauces, and appetizers. Not only does it look attractive on your table, it keeps the food warm as well. And what could be handier for transporting food to a potluck?

Another time, you might employ your fondue pot as a salad server or fill it with nuts or homemade granola. If your fondue pot is metal, pack it and take it along on a camping trip—the pot can handle the heat of a campfire. Although you should never use a ceramic pot over an open flame stronger than one candle power, you can use a nonmetal pot in a microwave oven.

Nonedibles

A ceramic pot could make an attractive container for a houseplant or an arrangement of dried flowers. Add the lid to any fondue pot and you have a canister, a cookie jar, or a candy bowl.

A small dessert fondue pot can be used to float flowers such as peonies, magnolias, or orchids.

The fondue warming stand is a good base for a coffee server or casserole on a buffet or dinner table.

Reruns

If you decide to reactivate your fondue pot for cooking, try some of these tasty ideas: • Shape ground ham mixture around pineapple chunks for cocktail meatballs. Fry and serve with mustard sauce and bite-size buns. • Dip raw, sliced vegetables and cleaned raw shrimp in tempura batter and fry in hot oil. Serve as a main dish. • For a brunch, dip French bread cubes in a beaten egg-milk batter; fry in hot oil and top with powdered sugar. ■

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Dole

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1. Slice in half lengthwise. Remove fruit with curved knife, leaving shell intact.
2. Cut crosswise into one-inch slices.
3. Arrange slices in shell.

How to be an espresso expert

Avid coffee drinkers relish a demitasse of robust espresso after dinner. Here are a few terms and tips that will help you develop your espresso expertise.

What makes espresso different?

Espresso coffee beans are roasted till the oil from the beans coats the outside. It's this oil that accounts for the strong, full-bodied taste.

"Espresso" means "made instantly," and part of the coffee's romance and mystique comes from the actual brewing. The elegant, large pots used in coffeehouses brew each cup of espresso individually. Every pull of a lever or push of a button sends hot water rushing over the grounds with a puff of steam. These machines are also capable of steaming and foaming milk to turn espresso into cappuccino (⅓ espresso, ⅓ milk, ⅓ milk foam).



Photograph: Dieter

Espresso pots

Small home brewers are available in coffee or gourmet shops. Here's a sample of the Italian-made models.

The Vesuviana-type pot (*left*) has a sidecar arrangement. The entire unit is placed on a medium-high burner and as the water heats, steam pressure forces hot water through the grounds. As in the large commercial pots, both steam and water are forced through the grounds and brewed espresso drips into the side pot.

The Moka-type pot (*center*) is made of cast aluminum. Steam forces water through the grounds but the steam doesn't go through itself. The pot should be removed from the heat as soon as the water has moved from the bottom portion of the pot through the grounds, and espresso arrives in the top portion of the pot.

Working much like a percolator, the electric pot (*right*) does it all automatically and sends the espresso into the individual cups.

The right roast

The traditional coffee roast for espresso is an Italian espresso roast coffee. However, you can use any roast coffee provided it's a fine grind. Instant espresso powder is also available.

Pack the ground coffee firmly enough into the coffeepot basket to allow water to flow through slowly, but not so firmly that the coffee stops the water movement. ■

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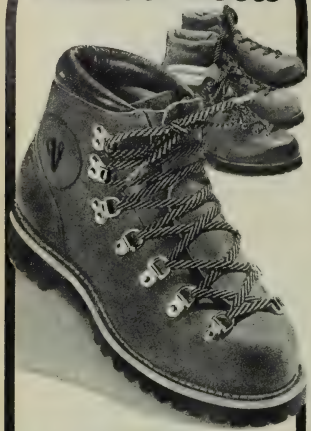
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DECORATING

Warming up cold corners

Corners are often overlooked in a decorating scheme. Instead of wasting your corners, why not make them work with the rest of the room? Here are two simple ways to make something of a do-nothing space.



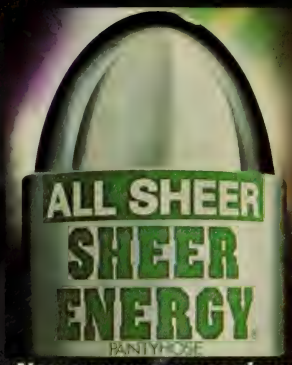
▲ In this living room, the perpendicular placement of the sofas created a dead end. To turn this idle space into a decorative asset, a panel of checked wallpaper was placed in the corner, then framed with 1x2 dark-stained boards. The result is a warm, eye-catching niche that provides architectural interest and ties the two sofas and artwork together.



▶ Consider this idea if you'd like to soften the angularity of a corner. Redwood lath strips were mounted on the wall ½ inch apart, starting at the sliding glass door and ending at the edge of the sofa. The same treatment was repeated on the other side of the sofa to create a balanced effect. In addition to de-emphasizing the corners, the wood strips reinforce the vertical pattern of the wallpaper and window shades while offering interesting textural contrast.

Photographs: Ernest Braun. Design: Larwin Designers. Source: Helen Heitkamp

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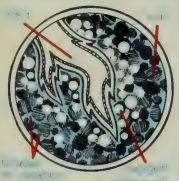
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Cures for carpet problems

Even top-quality carpet isn't immune to certain unsightly "conditions"—like shedding, "sprouting," or matting. Here's how to stop these annoyances in their tracks.

Shedding

During the first few months of use, shedding will happen to the best of carpets. Don't panic. Your carpet isn't losing any significant amount of fiber. All that's happening is that the short ends of fiber that were caught in the pile during the shearing operation are working their way to the surface. Some shedding is simply the sloughing off of loose ends of the staple fibers that have not been anchored into the backing. Regular vacuuming should put an end to the shedding.

Sprouting

When a sharp object such as a pet's claw or a rough heel snags the carpet, the result is often an unsightly tuft or "sprout." Never pull a sprout—you might damage the carpet. Simply clip the sprout off with sharp shears. If the problem crops up often, check your vacuum to make sure it doesn't have any sharp projections or loose parts that could be snagging the carpet.

Pilling

Pilling occurs when small fuzzy balls of fiber are held to the pile by longer fibers that are too strong to break. The best solution to this problem is regular and thorough vacuuming. An occasional shearing might be needed to keep the pilling under control.

Crushing or matting

When furniture or any heavy object has been sitting on the carpet for a long time, crushing or matting is inevitable. If you move the furniture, you can bring the carpet fiber back up by moistening the matted area with water. After you've done this, cover the moistened area with a clean, dry, white cloth and lightly place a hot iron on the cloth. Remove the iron and the cloth, then brush the tufts of the carpet with your fingertips or a dull knife to get your carpet back into shape. ■

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So, next time you go to the beach, bring Block Out along. And start enjoying the sun instead of being afraid of it.



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BLOCK OUT.
MAXIMUM PROTECTION AGAINST THE SUN.



Elvira

3

I began this series with some historical facts on how my family came to be winemakers and how our wines benefit from this heritage. I want to give due credit, also, to my grandmother Elvira - not a winemaker but a winemaker's wife.

In 1904, 16 year old Elvira Eraldi became Mrs. Samuele Sebastiani. That same year Samuele founded his long-dreamed-of winery in Sonoma and they began building our family business. While Samuele made his wine Elvira raised chickens and took in washing. She spent long hours over a scrub board to help meet expenses. Eventually, with her support, the winery grew and prospered. Samuele called her his Lady of the Vineyards.



She became an accomplished cook, laboriously making her own pastas and cheeses. Many enjoyed her culinary talents, among them, A.P. Gianini, founder of Bank of America and close friend of Samuele.

Unique was Elvira's love of birds. She raised song birds for years and stirred a similar interest in her son, August, my father, who has raised and bred rare game birds for over half a century.

I could go on but it's enough to say Elvira Sebastiani was an inspiration to her husband and to all of us who have followed.

Please write for our free monthly newsletter.

Sam J. Sebastiani



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H3

KITCHENS

Out-of-sight storage

You might call Joe Troop a kitchen conservationist. Instead of letting space go to waste, he made every inch of his kitchen yield as much storage as possible. Here are two ideas you can adapt to your own home.



Photographs: E. Alan McGee. Source: Ruth Grenci

▲ If you're a clean-counter cook who hates having your sink area cluttered with soap dishes, scrub mops, and cleanser containers, you'll appreciate this idea. Joe created a close-at-hand storage area by hanging a closed cabinet in the backsplash space. The cabinet is four feet long, eight inches deep, and 12 inches high and has sliding doors to hide those less-than-pretty but essential detergents.

▶ Rather than waste the space between studs, Joe built four wall storage units and covered the doors with the same wallpaper used in the dining area. When the doors are closed, you'd never know four one-can-deep pantries are concealed behind the pan-



els. The narrow shelves make it easy to find the catsup, soup, or spices. ■

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BEEF AND MUSHROOM KABOBS

2 pounds of beef sirloin steak cut into 1½ inch cubes, 1 cup Italian dressing, 1 large green pepper cut into 1-inch squares, 1 can (8 ounces) pineapple chunks, drained, 1 pound Country Stand Fresh Mushrooms, cleaned, 12 cherry tomatoes.

Ralston Purina

© Ralston Purina Company 1979

Marinate beef in dressing several hours or overnight. Thread skewers, alternating the beef and pineapple with green pepper and mushrooms. Reserve the marinade for basting.

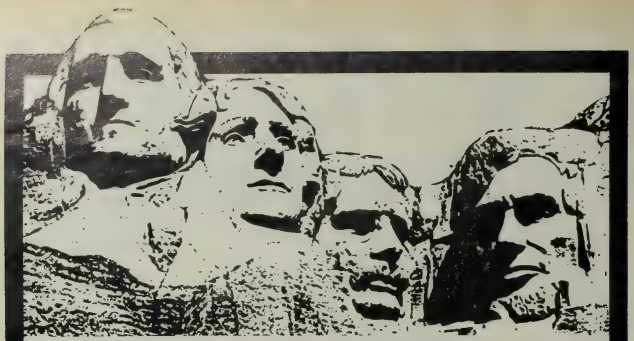
Broil or grill kabobs 4-5 inches from heat 15-20 minutes or to desired doneness, turning frequently and brushing with marinade. Place cherry tomatoes on the end of each skewer about last 2-3 minutes of cooking. Makes 6 servings.

For more ways to use Country Stand Fresh Mushrooms, send $1.00 and your name and address, for our Fresh Ideas With Mushrooms Cookbook to Post Office Box 9687, St. Paul, Minnesota 55194.

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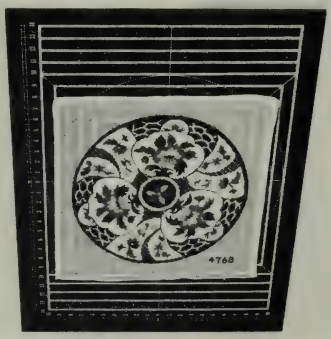
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Getting it together with airline containers

Planning to take along any bulky gear or odd-shaped items on your next plane trip? What about last-minute vacation bargains you can't resist buying but don't have time to pack before heading for the airport? Here's help for such packing predicaments.

Pick of the packs

Many domestic airlines and some international carriers, too, offer an assortment of containers that range from plastic or corrugated cardboard cartons for skis to cardboard units for bikes; plastic, cardboard, or wooden pet kennels; tote boxes for packing all sorts of small items; valet boxes for garment bags or clothes; even plastic cases for rifles.

Some travel containers, such as tote boxes, usually are free to passengers; others, such as sturdy, reusable kennels, range in price from just a few dollars up to $35 each.

Don't be left high and dry

But don't get the wrong impression. You can't simply show up at the airport at check-in time and pick up whatever you need. Some airlines offer a large variety of travel containers, others only one or two types. Even carriers with the biggest assortments like to know in advance what you'll require. That way, the appropriate containers will be waiting at the terminal.

A few minutes spent checking things out before scheduling your flight can prevent needless headaches and frustration later on. Find out if the airline stocks containers for the kinds of items you'll be carrying. Is there a charge for the containers, and if so, how much? Where do you go at the airport to make sure the units are packed properly and then boarded on the right flight? Do you need to get to the airport before the designated check-in time?

If you don't like the answers to any of these questions, you can consider another airline. ■

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ABC's of linoleum block printing

Do you seem to have trouble finding store-bought greeting cards, stationery, and announcements to suit your taste? Then consider the creative alternative of designing and printing your own. Once you master the technique of linoleum block printing, you can produce your very personal line of stationery supplies—easily and inexpensively! You can gather design ideas from almost any source—just be sure the design you choose has clean, uncomplicated lines.

Materials you need

- Any smooth-surfaced paper including typing paper, rice paper, postcards, and gift-wrapping paper in a variety of colors.
- Linoleum block (available in most art stores). The size of your paper and design will determine the size of block to buy. You can also make your own by gluing a piece of linoleum to a wooden block.
- Printing brayer, a roller used for inking linoleum. A four-inch-wide brayer is a good, all-purpose size.
- Linoleum cutter set (available in art stores).
- Water-based ink.
- A 6x8-inch piece of glass with taped edges.

What to do

1. Begin by drawing your design onto the linoleum block, or transfer an existing design by retracing the lines over carbon paper onto the block.

2. Cut your design into the linoleum, starting with the finest design lines. Use the smallest V-shaped tip of the cutter. To cut larger areas, use larger tips. As you cut, hold the block on the side nearest your body and cut *away* from your fingers. Don't bear down hard on the cutter; the cut should be even but not deep. Whatever is left standing up on the block will leave the ink impression on the paper.

3. Wipe the carved linoleum block with a damp cloth. Cover an adequate-sized work area with newspapers or a drop cloth.

4. Place a one-inch length of water-based ink onto the glass. Roll the brayer back and forth in the ink to spread it evenly over the glass and the roller. If the ink becomes too dry and tacky as you work, just add one or two drops of water to the ink to get the right consistency.

5. Apply the ink to the linoleum block by rolling the brayer across the cut surface. Try practicing on scrap paper to get the feel of how much ink to apply.

6. There are two ways to print: One way is to pick up the inked block, placing it inked side down onto your paper. Tap the block carefully with a hammer or spoon. Slowly remove the block from the paper.

The second way to print is to place the paper on the inked block. Be careful not to shift the paper once it has touched the inked block's surface. Gently rub the paper where it has touched the block. Lift the paper away from the printing surface.

7. After each sheet of paper is printed, set it in a safe place to dry. Once all of your printing is completed, wash the ink from the block, brayer, and glass for later use.

Additional tips

If you plan to include numbers, letters, or words in your linoleum block design, be sure to cut them out *backwards* so that they will all print correctly and legibly onto the paper.

When buying envelopes for your handmade stationery or cards, choose those that are closest to the size of your finished printing, then trim the stationery or cards to fit. You might print part of your design on the envelope's flap for a coordinated look. ■

Strawberry Spectacular!



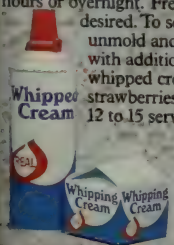
Winifred Morice, Home Economist.

"Try this perfectly delicious dessert topped with real whipped cream and fresh, plump strawberries. It looks and tastes like a million—but it's a real bargain now that strawberries are in season. And it's so simple. Real whipped cream makes it."

Celebration Strawberry-Cream Bavarian

1 (3 oz.) package strawberry gelatin
1 cup boiling water
1 (8 oz.) carton strawberry yogurt
4 cups sliced fresh strawberries (about 2 baskets)
6 tablespoons sugar
1 pint real whipping cream, whipped
1 (8-9 inch) angel food cake
Whipped cream for garnish
Strawberries for garnish

Dissolve gelatin in boiling water. Chill until consistency of unbeaten egg white. Whip until frothy. Fold in yogurt. Add strawberries sweetened with 6 tablespoons of sugar. Fold in real whipped cream. Break cake into small pieces (about 1 inch) and fold into mixture. Pour into angel food cake pan, springform pan, or use 9x13-inch baking pan. Refrigerate several hours or overnight. Freeze if desired. To serve, unmold and garnish with additional whipped cream and strawberries. Makes 12 to 15 servings.



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Hurry-up Homemade Desserts

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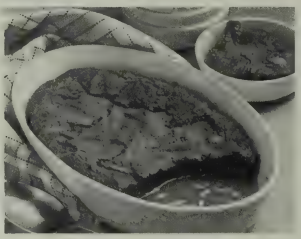


Photographs: Dieter

PEAR-DATE CRUNCH

1 29-ounce can pear halves, drained and sliced
¼ cup packed brown sugar
1 teaspoon finely shredded lemon peel
½ teaspoon ground nutmeg
¼ teaspoon ground cinnamon
2 tablespoons lemon juice
1 14-ounce package date bar mix
3 tablespoons cold water
Light cream

Place pear slices in 10x6x2-inch baking dish. Combine brown sugar, lemon peel, nutmeg, and cinnamon; sprinkle over pears. Drizzle lemon juice over all. Combine date filling and crumb mixes from date bar mix. Add the 3 tablespoons water, 1 tablespoon at a time, tossing gently with fork just till crumbly. Sprinkle over pears. Bake in 375° oven for 30 minutes or till lightly browned. Serve warm with light cream Makes 6 to 8 servings.

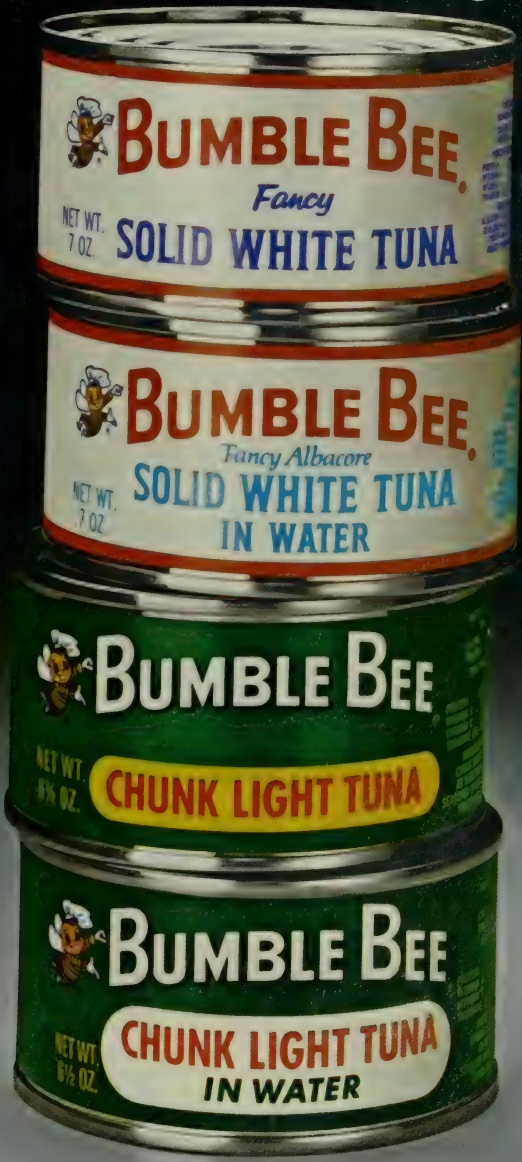


GINGERBREAD COBBLER

½ teaspoon finely shredded orange peel
2 cups orange juice
½ cup sugar
1 tablespoon butter *or* margarine
1 14½-ounce package gingerbread mix
½ cup milk
1 tablespoon cooking oil

In saucepan combine orange peel, orange juice, sugar, and butter or margarine; bring to boiling. Pour into 12x7x2-inch baking dish. In mixing bowl combine dry gingerbread mix, milk, and oil; stir just till moistened. Drop batter by spoonfuls evenly over hot syrup. Bake in 375° oven for 20 to 25 minutes. Serve warm. Makes 8 servings. ■

Hold the mayo.

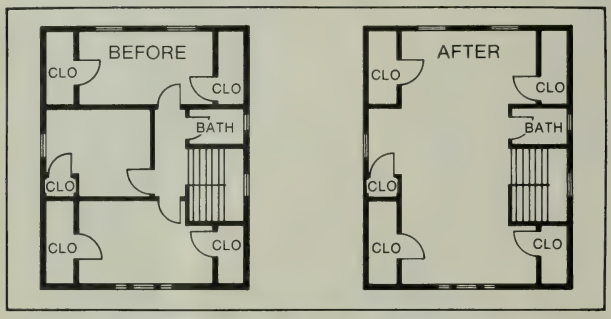


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A sunny studio from a clutter of rooms

Like many an older house, this one had a chopped-up third story subdivided into three bedrooms, a bath, and a hall. By changing the ceiling, windows, and partitions, the owners turned a clutter of rooms into an open, sunny studio.



This successful transformation was accomplished without subtracting storage space and with no major changes along the inside wall. By replacing two small windows with a wall of glass, the owners made one end wall a dramatic focal point. A bank of windows now floods the room with natural light, perfect for the commercial artist in the family. At one end of the space is the artist's work area; at the other end, a sitting/study area. A building contractor helped the owners design and execute this spacious room.





Photographs: David Jordan. Source: Lois Rea

The first step in this remodeling was to remove the original ceilings and partitions. Then 2x4 supports were placed every 12 to 14 inches along the peak of the roof. The center section of the ceiling was dropped to hide this network of supports. The beams, at normal ceiling height, are boxed around 2x6s.

Floor and wall changes were minimal, too. Walls were simply resurfaced with drywall. The new floor of inexpensive pine boards was sanded and waxed but left a natural color.

The charming sitting area at one end of the studio owes its light, airy atmosphere to the large expanse of glass. Window sections at right in the photo *(above left)* are fixed glass framed with rough-cut cedar. In anticipation of another project—a deck off the end of the house—the owners installed sliding glass sections at left for deck access later. The 28-inch-wide ledge along the glass area serves as both a window seat and a plant platform.

To match the cheery tone of this sun-filled room, the furniture (mostly secondhand finds) has been painted in bright colors. The antique brass bed is covered with a hand-crocheted afghan and a collection of pillows that add more splashes of color.

Along the inside wall *(above right)* there were no significant changes. The doors at left and right lead to closets that used to be in bedroom spaces. The center door opens into the bathroom. A decorative motif at the top of the stairs cleverly hides an electrical outlet. ■

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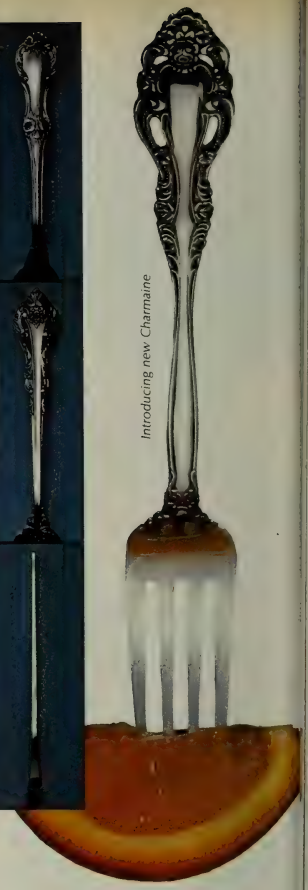
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Place spoon	52.00	26.00	58.00	29.00	64.00	32.00
Cream soup spoon	52.00	26.00	58.00	29.00	Not available	
Dessert spoon	52.00	26.00	58.00	29.00	Not available	
Butter spreader, H.H.	33.00	16.50	35.00	17.50	40.00	20.00 *
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Vertical Storage

In searching for more storage in your kitchen, you might take your cue from the city planners. They discovered one of the best ways to gain more space in cramped quarters is to go upward. These three examples show how vertical thinking can help any kitchen store more.

Photographs: Marvs/Semel. Designer: Wm. Adams, Jr., Stuart Kitchens



Right: Graceful arched nooks neatly fill this kitchen's storage gap. The network of diagonal wooden slats holds a multitude of wine bottles. The adjacent shelving unit keeps family heirloom serving pieces on display, but handy for dinner parties. Utilitarian items go in the closed cabinet.

Below left: An extra deep front hall closet created a narrow jut on the kitchen side of the wall, and this family put the space to good use. They built in a pantry, perfect for storing canned goods, small portable appliances, and vegetable bins. Since the kitchen counter butts up against this wall and the refrigerator closes in from the opposite side, folding walnut doors were used instead of a hinged door to close off the closet when it's not in use.

Below right: Specialized storage doesn't always have to be custom-made by a carpenter. This family chose standard pullout drawers from the same cabinet manufacturer that built the units in the rest of the kitchen. Now everyone can reach canned goods at the back of the shelf without difficulty. With things clearly visible, there's no danger of buying something that's on hand.

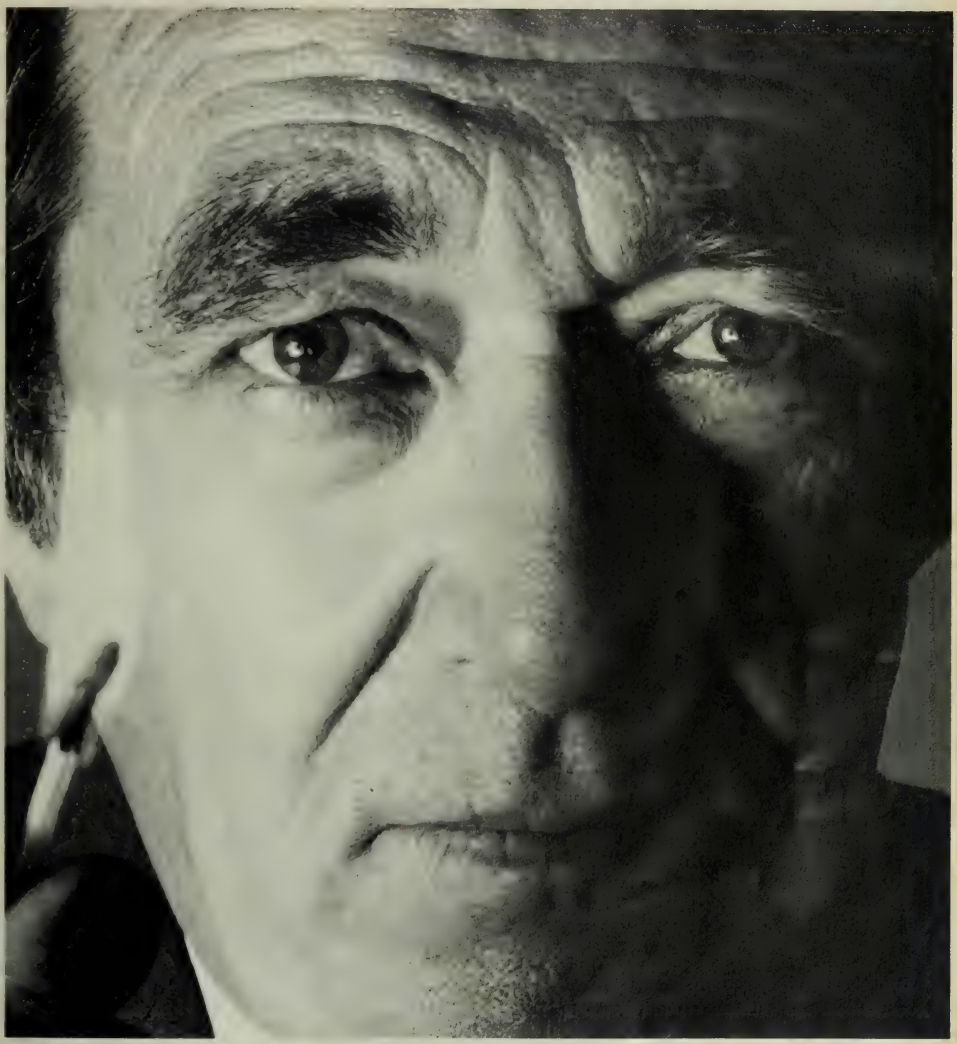
Photograph: Harry Hartman. Owner: Rudolph Johnson



Interior Designer: E. Heine and Stuart Kitchens, Inc.



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Beautiful built-ins for a bedroom remodeling

Built-in furniture can multiply the uses of any room in the house. In this case, built-ins were used to make a conventional bedroom double as a comfortable sitting room. If you are planning a similar remodeling, the ideas here might work for you.

Before its dramatic reworking, the bedroom shown *above right* provided the owner with little more than a place to sleep. As is often the case in older homes, the room was small and crowded with a miscellany of furniture. The clutter was compounded by a complete lack of closet and storage space. With the help of a designer, the homeowner set out to transform the room into a place more suited to her lifestyle. Now the bedroom serves as a welcoming place to relax, work, read, and occasionally watch TV. The multifunctional room was achieved by building in the necessities: a bed unit, two separate seating areas, and standing wall storage.

The bed unit includes a built-in headboard, nightstand, and mattress platform—all covered with gray wool carpet to match the floor and unify the room. The double bed mattress and box spring, covered with a fine-brushed gray wool, are turned sideways to allow for seating at the end of the bed.

The designer gained even more seating space by building a carpet-covered platform in front of the bay window and adding matching gray cushions. Carpet-covered movable cocktail tables alongside the seating area double as plant stands.

To provide badly needed storage, the designer utilized every available inch of wall space by installing the two attractive standing storage units shown *lower right*. A custom-built unit across from the bed houses the TV set—a convenient location for bedtime viewing. Also tucked away are a stereo, records, clothes, and linens. The second unit along the sidewall has adjustable shelves for displaying favorite books and collectibles above the sleek lower cabinets.

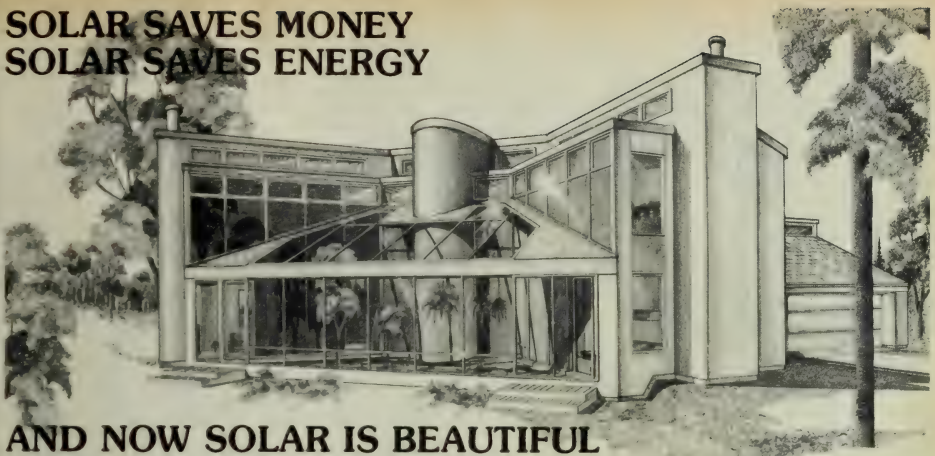
New recessed lighting provides adequate illumination for the entire room at night. The designer retained the original window shutters, which add a touch of drama during the day by casting soft shadows across the room. ■



Interior Designer: Jan Harness, ASID. Photographs: Bill Hedrich. Source: Barbara Sims/Linda Magazine



SOLAR SAVES MONEY
SOLAR SAVES ENERGY



AND NOW SOLAR IS BEAUTIFUL

How To Build A Solar Home

Throw away those old ideas about solar heating, because now you can build your dream solar home. You can enjoy the savings and peace of mind that come from being in tune with the environment. In *Let's Reach for the Sun*, designer-author-builder George Reynoldson has succeeded in creating solar homes that are truly beautiful while taking advantage of the latest solar technology.

Reynoldson has fully developed a total of 30 original designs, each totally different from the others. Inexpensive open-plan cabins and solar garages alternate with conventionally-sized houses. You will see each home from one or more perspectives, with floor plans for each level, and section drawings. In addition to solar heating, the designs incorporate a variety of other energy-conserving features, ranging from woodstoves to windowless north walls. Complete working prints may be ordered for any of these exciting houses.



Active, Passive, Hybrid

Let's Reach for the Sun, already in its second printing, is more than just a plan book or a text on solar heating. It is 144 pages of down-to-earth advice on scores of practical subjects. Author Reynoldson explains, step by step, how to go about building one of his exciting homes.

- Learn the fundamentals of solar heat. *Active, passive and hybrid* systems, how they work and why.
- Learn how to buy the right lot; this book tells why, and how, to make sure it's right.



- Learn the best way to select a builder. Some builders are plainly better qualified for solar construction.
- Learn how to choose the right lender and—once chosen—how to make sure you have his full support.
- Learn how to save thousands on architects' fees.
- Learn ways to make your solar home into an efficient cooler during hot summer weather.

What Others Have Said

"I'm most impressed, and know we'll be using some of those plans."
Bob Walters
4 Seasons Solar Systems, Inc.
The Dalles, Oregon

"The 30 homes illustrated show that no two solar homes need look alike . . ."
Barbara Huston
Seattle Post-Intelligencer

"Helpful tips and suggestions are invaluable to those who want to try the solar alternative . . ."
Science Digest Magazine

". . . quite a step from the days when a team of architects had to be employed. If you're thinking of building a new house, take a look at this book."
Cascade Magazine

The Book With The Answers

Until solar becomes the common and accepted thing, the danger exists that you could build an expensive home that simply doesn't work! *Let's Reach for the Sun* was written to prevent that.

Your dream solar home can become a reality only if you are fully aware and fully informed. Take this first step today and save energy, save money, and have the most talked-about house in the neighborhood.

Order Now



Space/Time Designs, Inc.
P.O. Box 4229
Bellevue, WA 98009

Please send me _____ copy(ies) of *Let's Reach for the Sun* at $9.95* each. I understand that I may read the book for 15 days and, if not satisfied, return it for full refund.

☐ Check or money order enclosed.
Bill to my VISA ☐ or Mastercharge ☐.

Card # _____
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City _____
State _____ Zip _____

*Washington residents add 5.4% sales tax.

BH579



86% said it was a key factor in their buying decision. 96% would recommend it to others. 100% would buy another home like it.

When homeowners like you were asked by an independent research group how they felt about their Energy Conservation Homes, we got decisive answers like those above.

Today's home buyers want all the energy conservation features that can be built into their homes. The reason is simple. It saves energy dollars now, it adds to the resale value later, and it fits in with everyone's concern for saving energy.

Now, in response to your desire for even higher conservation standards and greater energy savings, PG&E is expanding its successful Energy Conservation Home program to include a new, even more energy efficient Premium Energy Conservation Home.

Why would you want an Energy Conservation Home?

The main reason is that you will save money on energy bills. Operating costs in general for an Energy Conservation Home are reduced. (Even more so in a Premium Energy Conservation Home.) You will also find the home more comfortable, less drafty, quieter, with better lighting. When you go to resell your home, conservation features add real value.

What should be built into an Energy Conservation Home?

To qualify, a home will have a combination of special, built-in energy saving features such as energy efficient appliances, fluorescent lighting, setback furnace thermostats on heating/cooling systems, solar-assisted water heating and certain water conservation features. It may also have ceiling, wall, and floor insulation that exceeds minimum local, federal, and state regulations.

Why is PG&E sponsoring this program?

As an incentive to builders, and to provide public recognition of homes that meet high conservation standards, we began sponsoring the Energy Conservation Home program five years ago.

Today, the program's additional option for a Premium Energy Conservation Home demands higher standards than ever before. And it guarantees greater energy savings for you.

When you look for a new home, look for either the Energy Conservation Home sign or the Premium Energy Conservation Home sign. Both mean that the builder has taken extra care to include special conservation features in the construction of the home that are important to you, and to all of us.

PG and E

No one can afford to waste energy.

begins on page 124

Water gardens

20-inch tub; a pygmy needs only an eight-inch pot. Press the soil firmly about the tuber, positioning the crown of the plant above the soil line. Top with a layer of sand. Sink the container into the pool, positioning the container so the top of the soil/sand is six to eight inches below the water surface.

In late fall, dig tubers of hardy water lilies and store them in a cool spot in the basement. Replant in spring.

Tropical water lilies. The tropical varieties produce spectacular flowers; choose bloom color of blue, pink, white, or yellow. Both standard and pygmy varieties are available. Some varieties open in daytime, others at night. Don't plant tropicals till the weather is warm day and night. Set tubers in the center of the planting pot with the crown of the plant at the soil line. Sink the pot six to eight inches below the surface of the water.

Treat tropical water lilies as annuals. Enjoy the flowers for a single season and then reorder new roots for planting the following year.

Lotus. This is a big, dramatic plant so use only one per tub. Handle the brittle tuber with care, being especially careful not to bruise or break the pointed growing tip. Plant the tuber horizontally so the growing tip extends above the soil surface and the rest of the tuber is covered with a shallow layer of soil. Sprinkle sand over the top of the soil, being careful not to put any pressure on the growing tip. Cover the growing tip with two to four inches of water at first. After the plant becomes established, increase the water covering to eight to ten inches.

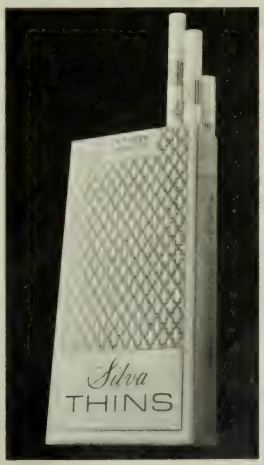
Store lotus roots in a cool basement over winter. Replant in spring.

Shallow water or bog plants. Water iris, water poppies, pickerel weed (also known as pickerel rush), sinensis (also called sagittaria), water cannas, marsh marigolds, cattails, papyrus, and dwarf papyrus are a few of the interesting shallow water plants you might consider growing. Plant the roots just below the surface of the soil. Cover the tops of pots with two to four inches of water.

Store the roots of shallow water plants in their pots in a cool basement over winter. Replant in the spring. ■



Why I'm a Thinner.



I started smoking Silva Thins for their looks. You know—long, lean, and elegant.

Now they're lower in tar too. Only 12 mg. tar and 1.0 mg. nicotine. Another good reason for being a Thinner.

Silva Thins—some combination. They look and taste great and they're low in tar.

Menthol too.

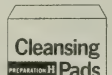
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter and Menthol: 12 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method

Now ease painful wiping when hemorrhoids flare-up.

Use **Cleansing Pads** from Preparation H®

Cleansing hemorrhoidal tissue with dry toilet paper can be painful. But Cleansing Pads are pre-moistened soft cloth pads impregnated with a gentle cleansing agent. They soothe, freshen and cleanse without all that discomfort. Quickly remove irritants. Flushable too.



Amazing soft plastic cushion

holds dentures comfortably tight for weeks without messy "stickums"

Not a messy paste, powder, cream or wax pad—but an amazing soft plastic adhesive cushion. Snug® Brand Denture Cushions hold loose, wobbly dentures comfortably tight for weeks. With Snug there's no need to bother with messy daily "fixing." It lasts for weeks, sticks to your plate not to your gums, so easy to clean or remove. Get Snug Denture Cushions to hold your dentures tight and firm for weeks...in comfort. At all drug counters.

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No mess bathtub caulk in self-adhering strips. At hardware stores everywhere.

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CREATE BIG SPACES IN A TINY COTTAGE

Page 38 (bottom): Sofa—Baker Furniture, 10 Milling Rd., Holland, Mich. 49423.
Page 39 (top): Chair fabric—David Hicks for Connaissance, 979 Third Ave., N.Y., N.Y. 10021. Coffee table—Innovators, Inc., 1350 Manufacturing St., Suite 111, Dallas, Tex. 75207.

RECYCLE A 1920s STORY-AND-A-HALF

Page 41: Wing chairs—Sherrill Upholstery, P.O. Box 189, Hickory, N.C. 28601.
Page 42: Kitchen wall covering—Seabrook Wallcoverings, 108 Decorative Center, Dallas, Tex. 75207. Kitchen tile—Summitville Tiles, Inc., Summitville, Ohio 43962.

STEP BY STEP TO OAK PARQUET FLOORING

Page 62: Prefinished solid oak parquet flooring—Hartko Wood Foam-Tile with Par-K-Stik by Tibbals Flooring Co., Oneida, Tenn. 37841. White modular chair units—Forfoam Design Co., 16 Emily St., Cambridge, Mass. 02139.

STEP BY STEP TO A CERAMIC TILE COUNTER TOP

Page 71: Ceramic tile—American Olean Tile Co., Lansdale, Pa. 19446.

MICROWAVE COOKING: EGG ENTRÉES

Page 88: White dish in wicker holder—Pfaltzgraff Co., 140 E. Market St. York, Pa. 17405. Spoon—Dansk Designs, Inc. Radio Circle Rd., Mt. Kisco, N.Y. 10549. Rectangular platter—Rosenthal USA Ltd, 411 E. 76th St., N.Y., N.Y. 10021.
Page 89: Plates—Bing & Grondahl, 111 N. Lawn Ave., Elmsford, N.Y. 10523. Square baking dish—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Salt and pepper—Etco Industries, Inc., 225 5th Ave., N.Y., N.Y. 10010.

COME HOME TO COLOR

Pages 116-117: Wallpaper—Boussac of France, 979 Third Ave., N.Y., N.Y. 10022. Drapery fabric—Stroheim and Roman, Inc., 155 E. 56th St., N.Y., N.Y. 10022.
Page 118: Bed—Simmons Co., One Park Ave., N.Y., N.Y. 10016. Lamp—Koch & Lowy, Inc., 21-24 39th Ave., Long Island City, N.Y. 11101.
Page 119: Dhurri rug—Rosecore Carpet Co., 979 Third Ave. N.Y., N.Y. 10022. Wicker chair—The Wicker Works, Inc., 650 Potrero Ave., San Francisco, Calif. 94110. Fabric on wicker chair—Clarence House, 40 E. 57th St., N.Y., N.Y. 10022. Sofa fabric—S. M. Hexter Co., 2800 Superior Ave., Cleveland, Ohio 44114.
Pages 120-121: Love seats, cocktail table, stools, rocking chair—Workbench, 470 Park Ave., So., N.Y., N.Y. 10016. Floor lamp—George Kovacs Lighting, Inc., 831 Madison Ave., N.Y., N.Y. 10021. Wallpaper—Louis W. Bowen, Inc., 979 Third Ave., N.Y., N.Y. 10022. Kilim rug—Stark Carpet Corp., 979 Third Ave., N.Y., N.Y. 10022.
Page 122: Bed—Simmons Co. (address above). Fabric for bed covering, pillows, and stool—Far Eastern Fabrics, Inc., 171 Madison Ave., N.Y., N.Y. 10016.
Page 123: Wallpaper "Bird and Acorn"—Katzenbach and Warren, Inc., 950 Third Ave., N.Y., N.Y. 10022. Paint—Dutch Boy, Inc., 500 Central Ave., Northfield, Ill. 60093.

HOW TO PUT TOGETHER A CO-OP PARTY

Page 129 (bottom right): Sauce Boat—Gense Import Ltd., 252 Livingston St., Northwale, N.J. 07647. (Top center): Cake plate—Arabia of Finland, 5603 Howard St., Niles, Ill. 60648. (Left center): Rectangular plate "Bauhaus"—Trend-Pacific, Inc., 2817 S. Hill St., Los Angeles, Calif. 90007. (Right center): Silver platter—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907. (Top right): Coffee mugs—Fitz and Floyd, 1371 Round Table Dr., Dallas, Tex. 75247. (Bottom right): Condiment bowls—Gense (address above).
Page 130 (bottom): Dishes and teacups "Bamboo"—Otogiri, Mercantile Co., Inc., 225 5th Ave., N.Y., N.Y. 10010. (Bottom): Rice bowls, chopsticks, chopstick holder, napkin rings, matting on table—Cost Plus Imports, 2552 Taylor, San Francisco, Calif. 94133. (Bottom): Lacquer trays—Otogiri (address above). (Bottom): Fans, soup bowls—Sanko Cooking Supply Co., 1758 Buchanan St., San Francisco, Calif. 94115.
Page 131 (top left): Firepot—Williams-Sonoma, 532 Sutter St., San Francisco, Calif. 94102. (Far right center): Oval platter—Macy's, Manhattan Herald Square, N.Y., N.Y. 10001. (Top right): Round platter—Trend Pacific, Inc. (address above). (Left center): Glass platter—West Virginia Glass Co., Drawer 510, Weston, W. Va. 26452. (Bottom left): Soup bowl: Fitz and Floyd (address above). (Bottom center): Appetizer platter with handle—Macy's (address above).
Page 133 (top center): White bowl "Milkstone"—Trend Pacific (address above). (Top left): Wooden bowl—Alper Wooden Bowl Co., Hedges Pond Rd., Cedarville, Mass. 02360. (Back left): Dinner plates—Heller Design Inc., 200 E. Prospect Ave., Mamaronek, N.Y. 10543. (Bottom left): Sandwich platter "Bianca Tavola"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, Conn. 06471. (Bottom right): Rectangular platter "Summit"—Denby, 41 Madison Ave., N.Y., N.Y. 10010.

PRIZE TESTED RECIPES

Page 143 (left): Plates—Rosenthal USA Ltd., 411 E. 76th St., N.Y., N.Y. 10021. Glasses—Riekes-Crisa Corp., 1818 Leavenworth, Omaha, Nebr. 68102. Spoons—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549. Decanter—Williams-Sonoma, 532 Sutter St., San Francisco, Calif. 94102.
Page 144 (center left): Sherbet cups "Arabesque"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Plates—Plummer-McCutcheon, 145 E. 57th St., N.Y., N.Y. 10022. Spoons "White"—Supreme Cutlery Corp., Div. of Sigma Marketing Systems, 225 5th Ave., N.Y., N.Y. 10010. ■

Give us five weeks...

If you're moving, you'll find *Better Homes & Gardens* more useful than ever. So let us know five weeks ahead of time what your new address will be. We'll see that the magazine is then right on time to help you solve the many problems that go with settling in a new home.

For some allergy sufferers, regular strength is not enough.



Announcing Teldrin 12 Hour Extra Strength Capsules. The longest, strongest antihistamine allergy relief you can get.

Some allergy sufferers feel allergies more than most. For them, ordinary antihistamine allergy medication may not be enough. They need the extra strength relief offered by 12 milligram Teldrin.

Teldrin relieves runny nose, clogged sinuses, sneezing and itchy eyes with the highest potency, longest lasting antihistamine allergy relief available today.

Teldrin used to be available only by prescription. But now, a government commissioned panel of experts has found the Teldrin formula to be so safe and effective, you can buy it without prescription.

The Teldrin timed release formula offers prompt, continuous relief up to 12 hours. Your doctor can tell you no allergy relief lasts longer. And Teldrin has the antihistamine doctors recommend most for allergies.

At the maximum dose level—12 milligrams—no antihistamine allergy relief you can buy is stronger.

If regular strength antihistamine allergy medication isn't always enough, try Extra Strength Teldrin.

12 Hour, 12 mg. TELDRIN® Capsules

The longest, strongest antihistamine allergy relief you can get.

Also available in 8 mg. strength



Read and follow label directions

Menley & James Laboratories 1979
Professional Products Division
a SmithKline company

What nature started







we finish beautifully.



Burlington Furniture is made slowly and carefully. Out of fine wood
nd wood veneers.

We take our time finishing our furniture. We hand sand it. We hand
ub it. We hand wax it. In fact, we use up to 18 different finishing pro-
esses.

And to enhance its beauty we add special finishing touches found in
nly the finest furniture.

Our "Halifax Square" collection, pictured here, features a warm
oneypine finish... authentic detail and proportions... carefully selected
ustom hardware.

Most importantly, Burlington Furniture is created with you in mind
y some of America's leading furniture designers. Dining room, bed-
oom, youth and modular furniture in a wide range of styles.

Look for Burlington Furniture wherever fine furniture is sold.

Write to Burlington Furniture for further information, P.O. Box 907,
ept. A, Lexington, North Carolina 27292.

Burlington Furniture

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GOOD NEWS

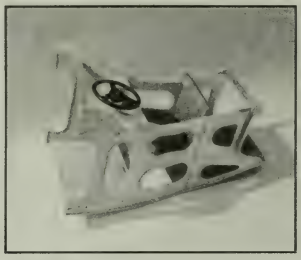
Pivoting bike seat



Do bicycle saddle seats rub you rudely as you pump the pedals? Perhaps this pivoting seat will ease the irritation. Two straps with attached padding support the entire backside area of the rider. The whole seat pivots with the movement of the cyclist's legs and hips.

The Bummer, about $28. Hilltop Mfg. Co., 56849 Grand River, New Hudson, Mich. 48165.

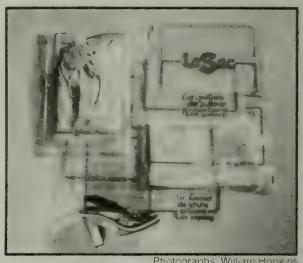
Child's fun center



Flip this child's toy rocking boat upright, and it's a high chair; flip it upside down, and it's a seat and play table. The three-way activity center will save you storage space. The frame is made of tough, bright-colored plastic, and the padded seats are upholstered in vinyl.

Hokus Pokus, about $60. Rummikub International, Inc., 200 Fifth Ave., N.Y., N.Y. 10010.

Luggage organizers



Photographs: William Hopkins

Tired of coping with a jumbled suitcase when you travel? These heavy plastic bags will keep everything separate and neat. There are different sizes for men's and women's shirts, blouses, underwear, lingerie, sweaters, shoes, and socks. And there is a large bag for laundry.

Le Sac, about $5 per man's or woman's set. Le Sac Ltd., Box 84, Vernon Hills, Ill. 60061.



Tough wood flooring

This is hardwood flooring with a twist that makes it uniquely tough. The wood is a veneer sandwiched between a thick layer of clear vinyl and a layer of core vinyl. The floor will wear longer and require less upkeep than other wood floors. And you can choose a wood that used to be too expensive or impractical for floors—walnut, cherry, or rosewood. Oak and teak also are available. All woods are available in squares, pickets, and plank strips. To install the flooring, you simply peel off the backing, and press the piece in place over a surface treated with a special primer.

GenuWood II, from $3.50 per sq. ft. Perma-Grain Products, 22 W. State St., Media, Pa. 19063.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

continued

"THE BEST REASON FOR BUYING A NEW GE REFRIGERATOR IS AN OLD GE REFRIGERATOR." —The Steele Family.



Jane Steele
Verona, New Jersey

GE refrigerators are really built to last. And my old "Monitor" is lasting proof!

Talk about a great investment! I got it in 1957, when it was 23 years old. And it still works like a charm.

Of course, it doesn't have all the improvements and innovations General Electric's added over the years. But it shows how dependable GE refrigerators are. As I told my daughter Mary Ellen, they just can't be beat!



Great Aunt Agnes Spina
West Orange, New Jersey

I've spent nearly half a century depending on GE refrigerators.

We bought one of these in the mid-fifties, after giving away the faithful "Monitor" Jane has now.

What a workhorse! Soda was always cold, ice cream was hard, and it never needed any service.

So naturally when we modernized again five years ago, we went right back to GE for a big, beautiful side-by-side.

General Electric refrigerators really hold up. We've had enough of them to know!



Mary Ellen Steele Burns
Totowa, New Jersey

General Electric is a name you grow up with. You know it's dependable.

So we felt confident that our lower-priced GE refrigerator would give us the same quality and reliability as the most expensive model.

My mother told me GE refrigerators were the best kind, and of course we did a lot of shopping around.

No other brand had the features GE did for the same money. Or was as nice-looking, inside and out.



Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family for so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won't be a question of "whether GE," but of "which GE."

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, important with our five children. And adjustable glass shelves, great for cleaning up spills.

Separate temperature control for the meat pan. Automatic defrosting. And the GE dispenser that gives you chilled water, ice cubes, even crushed ice. I love the 'New Naturals'™colors, too—so soft!

The reliability General Electric's been building into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident.

Maybe some day *my* GE refrigerator will become a family heirloom too!

IT ALL ADDS UP TO A GOOD INVESTMENT

GENERAL ELECTRIC

GOOD NEWS

Ready-made lattice panels



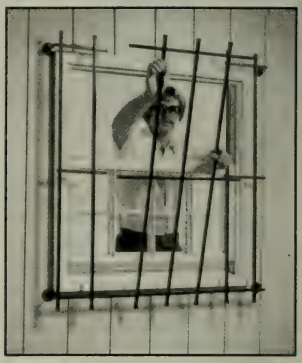
Now you can decorate with lattice without having to pay a carpenter to custom build it. These four-by-eight-foot unfinished pine lattice panels are glued at every intersection so you can saw them into any shape, even arches.

Living Lattice, about $30 for a 4x8-foot panel (2x4-foot panels also available). Marlin Lewis Designs, 12623 International Pkwy., Dallas, Tex. 75228.

Bars are good protection for windows concealed from the street or view of neighbors. These bars have a safety feature an intruder wouldn't be aware of: You can escape through the window by striking the inside top of the bars sharply and dropping the center section to form a ladder.

Emergency Exit Wind-O-Gard, about $43. Leslie-Locke, 2872 W. Market St., Akron, Ohio 44313.

Safety security bars



You'll need to seal around the tub sometime...



and you'll find it's so easy with **Kwik-Seal® Tub & Tile Caulk.** Just squeeze the tube for a white, watertight bead around tubs, sinks and showers. Quick-drying, it stays flexible and won't shrink or crack. Resists mildew, too, and has no objectionable odor. A versatile household caulk, Kwik-Seal also grouts tile and caulks around interior window and door frames. To clean-up, just wipe with a damp cloth.



DAP can help in other ways. To patch fine line cracks or deep holes in plaster or drywall, use **DAP Interior Spackling Compound.** It's ready mixed and smooth spreading. Makes invisible repairs. For long-term seals around exterior doors and windows, apply **Butyl-Flex® Caulk.** This tough sealant helps reduce heat loss, lasts longer than oil-base caulks. You should protect gutters, downspouts and other galvanized metal with **Derusto Galv-A-Grip®.** The advantage? It won't crack or peel like ordinary paint.



and when you do... all you gotta know is

DAP Derusto

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"WITH THE POTSCRUBBER® III DISHWASHER EVERYTHING COMES OUT BEAUTIFULLY: MY CHINA, MY CRYSTAL, EVEN MY SILVERPLATE."



That's because the Potscrubber III dishwasher cleans better than any dishwasher General Electric has ever made.

The exclusive Multi-Orbit™ wash arm directs a constantly changing pattern of water up through the dishes. This arm, combined with the Power Shower on top and the Power Tower in the middle, gives you 3-level washing action to get your dishes and glasses cleaner than ever before.

And the Potscrubber III dishwasher even washes those messy cooking utensils. Its special Power Scrub® cycle, while it may not do everything (such as remove burned-on soils), is designed to remove dried-on and baked-on foods from pots, pans and casseroles.

Emily Wax
Bellmore, New York

"I LIKE THE ENERGY SAVER FEATURE."



We made the Potscrubber III dishwasher to be a real energy saver. It's specially designed to use less hot water than our previous models. That means your family could save hundreds of gallons a year. And the Energy Saver button lets the dishes dry naturally. That makes it cost even less to run.

"WHAT REALLY CONVINCED US TO BUY WAS THE PERMATUF TUB. AND IT COMES WITH A FULL 10-YEAR WARRANTY."

The Potscrubber III dishwasher is designed with General Electric's exclusive PermaTuf interior that makes the tub durable. So durable, it has a 10-year warranty.*

That same PermaTuf interior is actually a sound-dampening material which helps your Potscrubber III dishwasher run quietly, too. And we even surround the PermaTuf tub with a blanket of sound insulation.

No wonder women all over America find such nice things to say about their Potscrubber III dishwashers. See the Potscrubber III dishwasher at your local GE dealer.

*GE will repair the tub or door liner if it should fail to contain water due to a manufacturing defect such as chipping, cracking, peeling or rusting in normal use. Warranty not available in Virgin Islands, Guam, American Samoa, Canal Zone, Puerto Rico. Limited warranty in Alaska—does not cover cost of service-related transportation. Complete terms and conditions available at your GE dealer.

GENERAL ELECTRIC

Ham it up at the grill with Gulf Lite



ORANGE-GINGER HAM GRILL

¼ cup frozen orange juice concentrate, thawed
¼ cup dry white wine
1 tsp. dry mustard
¼ tsp. ground ginger
1 1½- to 2-pound fully cooked ham slice, cut 1 inch thick
6 canned pineapple slices
Orange slices (optional)

Combine orange juice concentrate, wine, mustard, and ginger. Slash fat edge of ham slice. Brush sauce over ham. Grill over *medium* coals for 10 to 15 minutes, brushing with sauce occasionally. Turn ham and grill till done, 10 to 15 minutes more, brushing with sauce. Grill pineapple slices alongside the ham, brushing frequently with sauce. Place pineapple atop ham during last 5 to 10 minutes of grilling. Garnish with orange slices, if desired. Makes 6 servings.

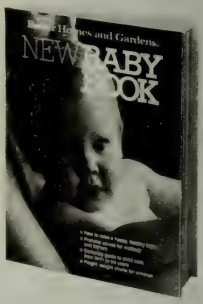


Try Gulf Lite—the "one match" charcoal starter.

It burns with no taste, no soot, no odor, no fooling. So barbecue tonight, with Gulf Lite.

NEW IDEAS

A NEW BOOK FOR THE NEW PARENTS



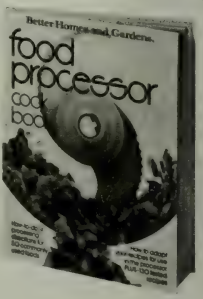
The physiology of having a baby hasn't changed much in ten years, nor has the authority of the best-selling hardcover baby book. But medical information and general attitudes certainly have, which is why Better Homes and Gardens presents the totally revised *New Baby Book*. From the first days of pregnancy, right through birth and early childhood, it helps parents with sensible answers to their most often-asked questions. Better Homes and Gardens® *New Baby Book* gives you up-to-date information about natural childbirth, ways mother and father both can share in the delivery, breast-feeding, common infant ailments and how to cope with them. You'll also find pages for recording your baby's progress, right up through the fifth year. 264 pages. Magnificent photos, color drawings and charts. Only $8.95 at your bookseller.

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Wine experts agree that today's American wines are as good as any in the world. And, because they're usually less expensive than foreign wines, it's a good idea to know something about them. This colorful Better Homes and Gardens book, *Favorite American Wines & How to Enjoy Them*, features an alphabetical listing of the 50 most popular domestic wines from vineyards all over America. Included are illustrated labels for every variety, along with basic information — how it tastes, who makes it, how to serve it and price ranges. You'll also find tips on how to buy wines, how to pronounce their names, how to care for them, how to serve and entertain with them. Look for the special display at your bookseller. Hardcover, only $3.95.

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When it comes to chopping, mincing, puréeing, kneading, grating, and shredding, the food processor is one of your most useful kitchen appliances. Now, here's a great way to put your investment to full use. The Better Homes and Gardens *Food Processor Cook Book* is loaded with tips and "how-to's". How to convert your old favorite recipes to make fullest use of your processor. This fully tested new book tells you — in an alphabetical chart — how to process 80 different foods, then shows you *what some of them look like* when shredded, chopped, or sliced. This hardcover book has 125 tried and tested recipes that will bring out the best in your food processor. The new *Food Processor Cook Book* from Better Homes and Gardens. Only $3.95 at your bookseller.

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"For me, finding another cigarette with just the right taste wasn't easy. Finding a low-tar cigarette with the taste I go for was even harder.

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Gail Henkin
Dallas, Texas



FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Vantage 100's

Also available in King Size: Regular and Menthol.



When your pet has a litter

Raising a litter of puppies or kittens is serious business. You'll be required to invest considerable time and money—and you'll be responsible for finding good homes for the offspring (too many homeless pets are already on the scene). But if the idea appeals to you—even after weighing the drawbacks—here's how to handle the venture without a hitch.

One for Mother Nature

Mother Nature has done a remarkable job of preparing animals for bearing young. Most female dogs and cats possess strong maternal instincts and chances are—if your pet is healthy and not overweight—pregnancy and delivery will go smoothly.

Even so, take the precaution of having a veterinarian check your pet before she's bred. The veterinarian can bring her vaccinations up to date (important for providing immunity to newborn animals) and rid her of parasites. Both roundworms and hookworms, for example, can be passed on from the mother to the unborn young.

Usually it's best to breed a female dog or cat any time from her second heat cycle, provided she's at least a year old, till she's about six. But beware; many female dogs and cats go into heat when they're about six months old—sometimes younger. The gestation period for dogs normally runs 58 to 68 days, with 63 days the average. The time may vary somewhat depending on the breed, season, and litter size. Kittens usually are born 60 to 65 days after conception. If your pet doesn't deliver in that time (especially if she seems uncomfortable), check with your veterinarian.

Dogs and cats usually start to "look pregnant" about the third or fourth week after breeding. Until that time, they'll probably just keep you guessing.

Pre-delivery care

Your main role in coping with an expectant pet is to provide comfortable, secure surroundings and to be on hand just in case something goes wrong. But your pet's nutrition and exercise routine are your responsibility, too.

A good-quality commercial diet that's complete and balanced is best. Ask your veterinarian for recommendations. He may prescribe protein, vitamin, and mineral supplements for the mother-to-be, too.

Don't succumb to the temptation to overfeed your pet. A pregnant dog or cat needs only 15 to 20 percent more food than usual during pregnancy. Most of that increase should come in the two or three weeks just before delivery, when you should let your pet eat all she wants.

You'll also need to feed the mother-to-be more frequently. When her stomach is crowded by growing offspring, she won't be able to eat as much food at each regular mealtime as before.

Be sure your pet continues to get plenty of exercise. Fat pets with poor muscle tone are more likely to have trouble during delivery than lean, lively animals are.

Getting ready for the big day

A couple of weeks before the litter is due, prepare a delivery box for your pet and spend a few minutes several times a day familiarizing her with it. Placing your pet's regular blanket or mattress inside the box to start out may help your pet feel more at home. But remove any bedding before delivery.

The container should be large enough for the mother-to-be to stretch out full length with room to spare. Except for large dogs, a sturdy cardboard carton will do, or you can build a simple wooden box. Cut an entrance in one side so it's easy for the mother to get in and out, but be sure to leave a three- to five-inch barrier to keep adventuresome offspring from straying until their eyes are open and they can get around safely on their own.

A box with the top still intact provides privacy for the new family and also helps keep out drafts. Cut out around three sides of the top to form a flap, so you can lift the top up and look inside.

Short-napped, indoor-outdoor carpeting attached to a frame at the bottom of the box makes ideal bedding. Be sure to have a spare piece of carpet on hand so you can switch back and forth for cleaning. Shredded newspapers or a couple of inches of layered newspapers on top of the carpet makes cleaning easier. But be sure none of the newborn get hidden under the papers, where they might be squashed by the mother or suffocate. Newborn animals can easily get tangled up in old blankets or towels. Sawdust, shavings, and

continued

Photograph: William Hopkins

After 7 years of good eating why change your dog's food?



Because after 7, his needs are changing.



When your dog is over 7, he begins to change on the inside. His digestion may be more delicate; his metabolism may be slowing down.

So the food he's been thriving on all these years may not be right for him now. That's why it's important to change his diet to Cycle® 4 dog food. Cycle 4 is the only dog food specially formulated to meet the changing nutritional needs of dogs over 7.

It provides your dog with highly digestible, high-quality protein. In amounts his kidneys can handle. It gives him the extra calcium he needs for his bones. Plus minerals and vitamins to help keep him healthy and happy.

Cycle 4 comes in bags of delicious nuggets or cans of tasty chunks. If your dog is over 7, start feeding him Cycle 4.

Catch & Fetch Contest: Enter your dog in the 1979 Cycle® DOG FOOD K-9 Frisbee® DISC Catch & Fetch Contest. For information contact your participating local Parks and Recreation Office.



Gaines®

Cycle® DOG FOOD. Nutrition...for the life of your dog.™

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continued

Your pet has a litter

straw are equally taboo. They can irritate the skin and eyes of newborn puppies and kittens and are easily ingested.

The delivery box should be situated in a warm, draft-free area away from household traffic, noise, and other disturbances that could make your pet anxious about using it. Your dog or cat's normal sleeping spot might be the ideal location.

As delivery time nears, keep a close check on your pet to make sure she doesn't disappear. Cats in particular will sometimes seek out a dark, secluded corner in the attic or beneath the house.

Signs that delivery is imminent usually are easy to spot. Cats get very restless, wandering around aimlessly and scratching in their beds. Dogs usually lie on their sides for long periods of time and try to make or improve their "nests" by tearing up newspapers, rugs, sofa pillows, or anything else in sight. Your pet also will lose her appetite. In case you monitor the animal's temperature, it should drop about two degrees. As labor begins, the animal will start to pant, usually with a rhythm that corresponds with her contractions.

Helping out on the spot

It's best to have only one or two people your pet knows on the scene at delivery time. And if everything seems to be going OK, just check on the mother periodically. Be sure water is available to her during delivery.

Generally, it takes each puppy or kitten 15 to 20 minutes to be born. An entire litter of kittens usually requires about two hours, though it can take longer—perhaps three or four hours. With dogs, the interval between births can vary from a few minutes to several hours—but usually not more than two.

Normal births are head first with paws beside the head, though breach births (buttocks first) aren't uncommon. If hard labor continues with no results, contact your veterinarian.

Normally, if the transparent membrane encasing the newborn isn't ruptured in the birth process, the mother will remove it and sever the umbilical cord with her teeth. If she doesn't, you should carefully cut the sack open with a pair of sharp scissors. Tie off the umbilical cord with a piece of sewing thread or non-waxed dental floss about an inch from the body of the newborn. Then, cut the cord (on the mother's side of the tie) and dab it with iodine or another mild antiseptic.

Next, be sure the newborn is breathing properly. If not, use an infant's rubber nasal aspirator to gently remove any obstructing mucus from the animal's nose and mouth. Hold the animal securely, nose down (making sure his head doesn't bob around) and gently swing him through a downward arc, lightly tapping the little fellow on the back till he gasps for breath. If the animal still doesn't seem to be breathing, don't give up. Newborn puppies and kittens can survive without oxygen for what seems like an amazingly long time. Sometimes vigorous rubbing helps bring an animal around.

Have a pile of clean terry towels on hand in case the offspring start coming faster than the mother can clean them. You can lend a hand by rubbing the newborn dry from stem to stern.

Troubleshooting tactics

After each birth, the mother should expel a placenta or afterbirth, which she'll probably eat. Sometimes when a placenta isn't passed, it blocks the birth canal and prevents the next animal from being born. Count the placentas, and if you suspect trouble, call your veterinarian for help. If the last afterbirth is retained, it can cause serious infection.

Watch to see that the mother doesn't injure or mash any of the puppies or kittens during delivery. But resist the urge to help out unless there's real danger to the mother or offspring.

Occasionally, the mother will try to destroy a member of her new family. Often this happens when a puppy or kitten is abnormal, or when the mother becomes excited or concerned about too much hubbub in the delivery area —a good reason to keep your distance. On the other hand, some female dogs and cats just aren't cut out to be mothers.

Post-delivery care

When the deliveries are over, remove soiled papers or other material from the delivery box and let the mother and her new family rest. Normally, the mother's appetite and activity pick up within 24 hours. But keep an eye on her for signs of exhaustion or prolonged and unusual discharges from the birth canal (some discharge is normal). The newborn litter should be kept warm and dry, and out of drafts.

There's no reason to drastically alter your household routine. Family members probably will still be the mother's best pals—if they're reasonably quiet and don't make sudden moves when approaching. Children shouldn't be allowed to handle or disturb the newborn or mother for the first week or so.

"On her feet" again

After the litter is about a week old, the mother will need a break. Take her away from her family for a good romp. She'll enjoy once again being the center of attention.

By the time the litter is two to three weeks old, the mother will need two to three times her normal ration to maintain her body weight and provide milk for the growth of her offspring. Let her eat all she wants while the litter is nursing. Feeding a good commercial growth or lactation ration is usually a good idea.

Don't be alarmed if your pet seems to forget her house training for a few days after delivery. Lactation puts a heavy burden on her digestive system.

Keep an eye on the offspring to make sure they all get their share at mealtimes. If one of the newborn is being shortchanged, you may need to remove the rest of the litter and give him a head start at dinner. An exceptionally large litter may have to be divided into "shifts" for nursing. Your veterinarian can help you set up a schedule and also suggest a special milk mixture in case offspring must be fed by hand.

After three or four weeks, you can start feeding the litter baby cereal mixed with milk or a moistened commercial puppy or kitten food starter.

At about six weeks, most litters are ready to be weaned. To help decrease the mother's milk production, don't feed her anything the day before weaning; then the day of weaning give her one-fourth the ration she received *before breeding.* The second day, give her one-half her pre-breeding feeding; the third day, three-fourths; and back to her normal ration after that. ■

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EXPIRATION DATE: JUNE 30, 1980.

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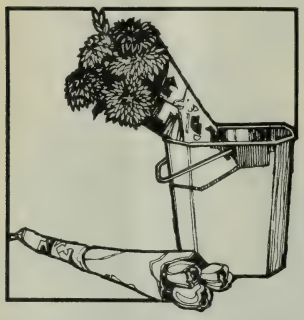
Cut flowers

A vase is a vase is a vase . . . or is it? You can turn any receptacle into a flower container by lining it with a glass jar or jars or with a plastic ice cream tub—anything that safely holds water and can be concealed within the receptacle itself.

Think togetherness. Instead of letting a bud vase stand alone, group it with varisized companions. You might personalize the arrangement by including a small framed photo or two of family and friends.

Flower cutting tips

- Carry cut flowers from the garden in a heads-down position to prevent heavy blooms from snapping off.
- Lay cut flowers flat and wrap entire stems in newspaper. Then plunge stems and newspaper into tepid water for three to five hours or overnight to condition the flowers before arranging.



- Revive wilting flowers by snipping off a half inch of stem at an angle under water. Leave the entire stem under water for at least several hours.



- Reduce underwater decay by stripping the stems of all foliage and thorns which will fall below the waterline.
- Sear the cut ends of poppies, dahlias, and other hollow-stemmed flowers right after cutting to prevent wilt.



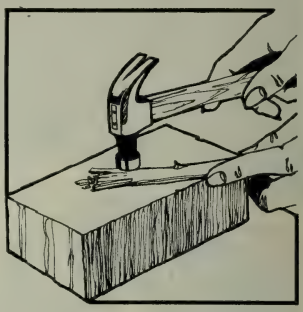
- Straighten the bent stem of a heavy-headed bloom by inserting a toothpick through the center of the bloom and into the stem.



- Drip hot candle wax at the base of large blooms like chrysanthemums to keep the bottom petals from falling off.



- To ensure lavish intake of water by woody-stemmed flowers, such as lilacs, mash the bottom two inches of the stems with a hammer before plunging them into water. Strip buds from the parts of stems that will be below water.



- Many flower and foliage stems are quite pliable and can be curved slightly by gentle bending.



- Snip off all pollen-bearing stamens of plants such as lilies so pollen won't fall off and stain a tablecloth.



continued


ROSIE'S DINER
JANIE THE JOGGER LEARNS
"THE SECRET OF SPEED"
WATER, ROSIE! I JUST DID 5 MILES!
Ooops!
TIME FOR SOME REAL FANCY FOOTWORK!
HALF A BOUNTY FOR A WHOLE SPILL?
Bounty
YEP, BOUNTY'S THE QUICKER PICKER UPPER! SEE HOW EVEN HALF'S GETTING THAT SPILL UP FAST?
TERRIFIC! BUT WHAT ABOUT OTHER TOWELS?
WATCH BOUNTY AGAINST ANOTHER LEADING BRAND...
Bounty ANOTHER LEADING BRAND
Equal amounts of liquid and areas of towels on waxed counter
BOUNTY GETS UP SPILLS FASTER THAN ANY OTHER TOWEL.
Bounty ANOTHER LEADING BRAND
ROSIE, YOU'VE GOT THE SECRET OF SPEED! THAT MUST BE A WORLD RECORD!
RIGHT, JANIE! BOUNTY'S THE QUICKER PICKER UPPER! HALF A SHEET'LL PROVE IT!
Bounty
© 1979 Procter and Gamble Co.



¾ to fully open. Scrape stems or sear in flame.

Calendula
Fully open. Scrape stems.

Carnation
Fully open; snap or break from plant. Scrape stems.

Canna
½ to fully open. Scrape stems.

Chrysanthemum
Fully open. Break off and scrape stems or crush.

Daffodil
As color shows in bud. Cut foliage sparingly or bulb will not mature. Scrape stems.

Dahlia
Fully open. Sear stems in flame.

Daisy
½ to fully open. Scrape stems or sear in flame.

Daylily
¾ to fully open. Flowers last just one day.

Delphinium
¾ to fully open. Scrape stems; snap off top buds.

Geranium
Fully open. Scrape stems.

Gerbera
¾ to fully open. Sear stems in flame.

Gladiolus
As second floret opens. Scrape stems; snap off top buds.

Heliotrope

continued

continued

Cut flowers

- Do not place cut flowers where they will be exposed to drafts or to full sun.
- Prolong the freshness of cut flowers by misting them with tepid water each morning.
- Clip only as much stem and foliage as you need for your arrangement. Lilies, tulips, and other bulbs need their foliage to muster strength for next year's blooms.
- Carefully choose which flowers to cut. Avoid buds so tight they'll never open, as well as full blooms that will soon pass their prime. However, some flowers that are fully open, such as roses, may be floated on water inside a rounded glass bowl and will remain attractive for several days. Change the water in the bowl daily.

When to cut and how to treat

Anemone
½ to fully open. Scrape stems to aid water absorption.

Aster
¾ to fully open. Scrape stems.

Azalea
Bud to fully open. Scrape and crush stems.

Bachelor's-button
½ to fully open. Scrape stems.

Bleeding-heart
4 or 5 florets open. Scrape stems.

Buddleia



Anything you plant in your garden wants to grow, and if the soil's halfway decent and you give it just a little help, it will. (And your own fresh peas, beans and sweet corn will not only save you some money with every meal, they'll likely taste better, too.)

Use Scotts Vegetable Garden Fertilizer once. (Just once.) See what a crop you get.

The chief difference between getting, say, up to 10 pounds of tomatoes and only half that much is simply fertilizer.

And you don't have to make a career out of putting it down.

We've created a vegetable garden fertilizer you use just once a planting. It has enough nourishment in it to last for your entire crop.

(This is different from quick-release fertilizers that give you a burst of food right away and then run out on you. They're the ones that tell you to "apply" two or three times.)

We make our fertilizer so that it releases nitrogen gradually, enough at first to get your plants off and running, and then a little more week after week.

It's this steady feeding that helps give you all those extra tomatoes, beans and corn. And one feeding is enough unless you're in the South and have sandy soil.

Up to twice the tomatoes with just one feeding.

You can use this fertilizer on all your vegetables and you don't have to worry about harming them. It's a slow-release fertilizer, so it won't burn. Just follow the directions on the box.

The best time to use it is when you plant your seeds or seedlings. Just spread it as evenly as possible and work it into the soil an inch or two.

We've tested this fertilizer ourselves on all sorts of vegetables so we know what it can do. And we sell it with the simplest guarantee we can think of. "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."



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Perma-Shield casement windows crank open smoothly to scoop in passing breezes. And just as easily, they close up tightly.

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Thanks to an exterior sheath of long-life, rigid vinyl that doesn't rust, pit or corrode. Doesn't flake, peel or blister. Doesn't need painting every few years. In white or our earth-tone color, Terratone.

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Peony
Bud in color to fully open. Scrape or split stems.
Poinsettia
Full color. Sear stems and points from which leaves have been removed.
Poppy
Night before opening. Sear stems; drop of wax in heart of flower keeps it open.
Rose
As second petal unfurls. Cut stem just above a five-petal leaf or plant will stop blooming. Scrape stems.
Snapdragon
¾ to fully open. Scrape stems; snap off top buds.
Stock
¾ to fully open. Scrape stems; snap off top buds.
Sweetpea
¼ to fully open. Snap stem from vine.
Tulip
Bud to ½ open. Cut foliage sparingly; scrape stems. Wrap flowers in paper; let stand in deep water overnight.
Violet
½ to fully open. "Harden" by soaking in water for half-hour, then wrap and refrigerate.
Water lily
Tight bud. Sear stems in boiling water; drop of wax in heart of flower keeps it open.
Zinnia
Fully open. Sear stems in flame. ■

continued

Cut flowers

¾ to fully open. Sear stems in flame.
Hollyhock
¾ to fully open. Float florets or scrape stems.
Hydrangea
Fully open. Sear stems in flame.
Iris
As first bud opens. Do not cut foliage; scrape stems.
Larkspur
¾ to fully open. Scrape stems; snap off top buds.
Lilac
½ to fully open. Scrape and crush stem; float wilted branches in 110-degree water for an hour to revive.
Lily, hardy
As first bud opens. Cut no more than ⅓ of stem or bulb will not mature. Scrape stems.
Marigold
Fully open. Scrape stems.
Mignonette
¾ to fully open. Sear stems in flame.
Morning-glory
In evening when closed. Wrap each bud in soft paper, sear vine stem; let stand in deep water overnight.
Narcissus
As color shows. Cut foliage sparingly; scrape stems.
Nasturtium
½ to fully open. Use with its own foliage.



How electricity affected five generations of Americans #1

In 1885, the Franklin family was just beginning. So was their need for electricity.

The Franklin family, Ann and John, were married in 1879, the year Edison invented the incandescent electric light bulb. They set up housekeeping in a gas-lit brownstone row house.

But in the early 1880s, when Edison's first power station began generating, electric light became a possibility. It was bright, safe, clean and very exciting.

By this time children were coming along for the Franklins, and it seemed like electric lights might make a difference for them. So the Franklins became pioneers; they had electricity installed.

New ideas need more electricity.

Little did they know what a difference electric power would make, for their own children and for the rest of the country. Lights expanded the day so everyone's curiosity, imagination and productive energy had more time to work.

Ever since then we've been creating and planning and building things that use electricity, always with confidence that the electric companies would make the power we need.

Demand for electricity keeps growing.

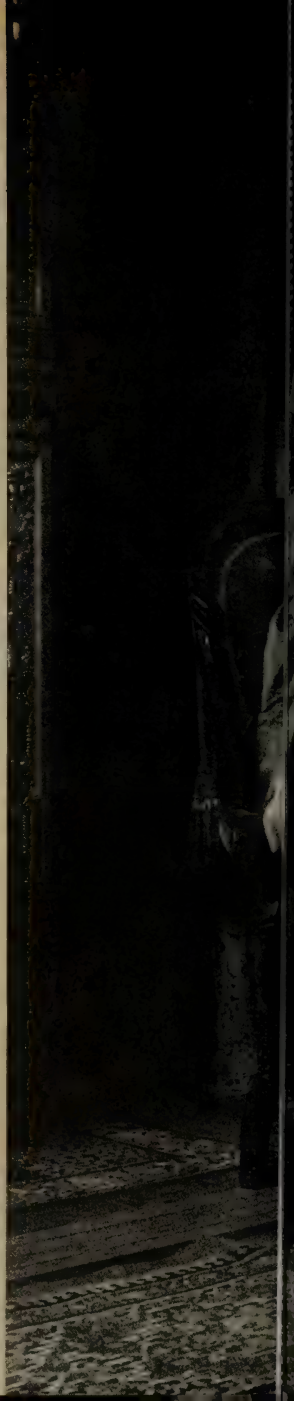
Everyone knows we need to conserve power, and we will. But our country needs jobs and growth. So the demand for electricity will continue to grow into the future, along with families and work and dreams.

Our future will hold things like the electric car, and we'll manufacture electricity from new sources of energy, such as the earth's heat and the sun.

The electric companies are working on new sources of energy while they steadily produce with the old. Making electricity takes a lot of work—always has and always will.

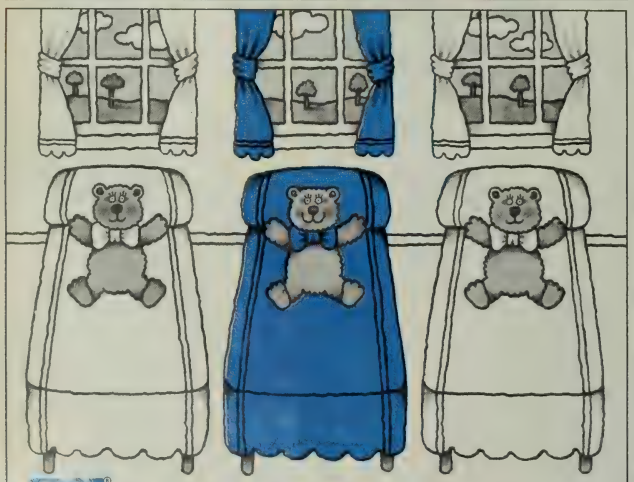
Electricity is America's manufactured resource.

Edison Electric Institute
The association of electric companies









GARDENING IN MAY

How can you keep bare, brown patches of garden soil around your trees, shrubs, and perennials from spoiling the looks of your garden this year? Just plant a low-maintenance ground cover now.

Ajuga or bugleweed

This ground cover grows six to 14 inches tall and bears quantities of blue, rose, white, or purple flowers in May and June. It is hardy in all but the coldest parts of the United States and thrives in either sun or partial shade.

Crown vetch

If you have a steep slope or embankment where soil erosion is a problem, crown vetch (Coronilla) might just be the answer. Crown vetch is hardy in all areas and can grow in full sun. It also tolerates poor soil conditions. The plants grow to two feet tall and produce masses of pinkish white flowers all summer long.

Lamium

Lamium, also known as archangel or silver nettle vine, is a vigorous, hardy ground cover that's useful in shady and partially shady perennial borders. When fully mature, it's an impressive sight with its light green leaves highlighted with silver.

Pachysandra

Pachysandra or spurge is a good choice for shaded or partially shaded garden spots. The foliage is either glossy green or green trimmed with white, depending on the variety. Pachysandra will grow to nine inches tall. Space new plants about four inches apart.

Vinca

Vinca or periwinkle is a popular evergreen ground cover that grows well in shade or partial shade. Use vinca under trees and shrubs, or in beds with spring-flowering bulbs. In the spring, most varieties are covered with white or blue starlike flowers. Plant vinca in spring or fall, six inches apart. ■







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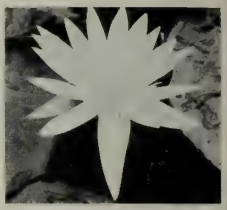
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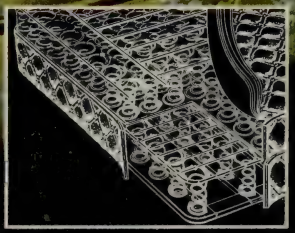
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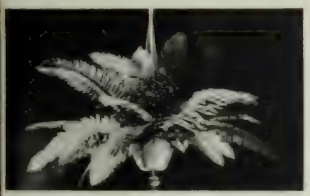
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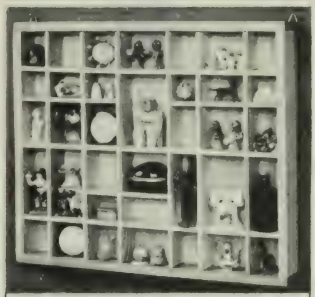
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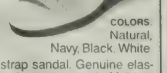
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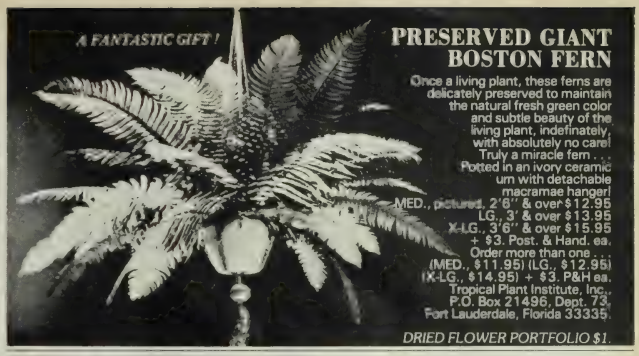
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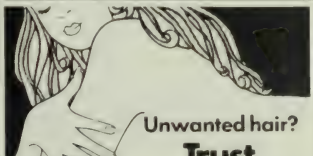
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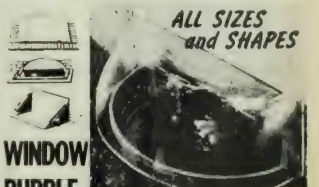
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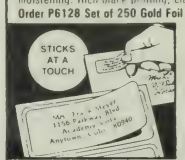
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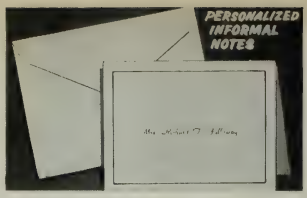


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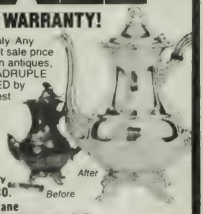
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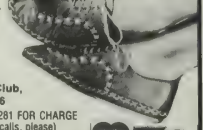
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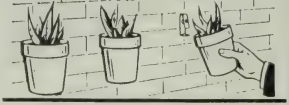
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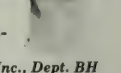
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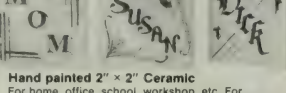
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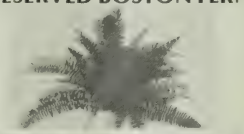


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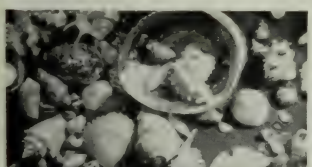
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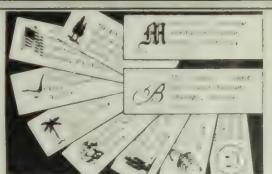


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Even though the miles from our town to the Dresch country place are few, the journey is always a long one. As Dick Dresch explains, "It's four flea markets, two auction barns, three antique shops, and one mill-end store away."

Christine recently took a short trip, leaving behind a set of memoranda with questionable priorities. Our daughter Judy pointed out that there was only one page of notes devoted to meal planning, while Christine's meticulous instructions on how to care for the house-plants took three pages of motherly advice.

One man's feast is another man's famine, says Ken Floyd. As evidence, he cited a large doctor bill that resulted when he smashed his finger while repairing a pipe to save a large plumbing bill.

The Hendersons went to their most exciting movie yet—at a childbirth class. They joked that they knew the ending in advance, but Christine smiled and said that observation only showed the Hendersons are having their first baby: Once you get a child into the world, *nobody* knows the ending.



"One room, please."

As I started to ready my garden this spring, I found that a woodchuck had dug his burrow right in the middle of the plot. With vegetables costing what they do, his advance planning makes good sense—and I appreciate his confidence in my gardening ability.

Having had both veal Oscar and steak Diane recently, I've begun to wonder if my own specialty deserves a name. Hmmm. Hot dogs Burton? Weiners Hillis?

Uncle Dodd Buckner thinks that just talking things out can solve many of life's problems, although he does concede that talking probably started many of them in the first place.



"I got the loan!"

His list of Saturday chores prompted Burt, Jr., to suggest that the name of the inventor of the self-cleaning oven would probably be a household word if he had followed up with a self-cleaning garage.

It was one of those church parties for families, and the time came for the Rev. George Hall to say a few words.

He asked the adults to raise their right arms over their heads and hold that position. As our arms grew heavier and heavier, he said we were having a common childhood experience: Small children often are forced to keep their arms raised for long periods while parents lead them.

"Yes," a six-year-old boy said, "And our legs go to sleep in tall people's chairs, too."

A half dozen other youngsters chimed in agreement.

An older voice spoke up. It was our 11-year-old Judy urging George to remind everyone "about what bugs most kids—as soon as we get a phone call, somebody always *says 'remember you've got homework to do.'"*

By this time, George realized that he had ignored the fact that all ages endure thoughtlessness from others, so he called for other gripes.

Lots of heads nodded in agreement when one woman voiced her pet peeve: "People talking to me through the bathroom door when I'm brushing my teeth and the only thing I can hear is the toothbrush."

Another voice—obviously a parent—complained about chores delayed by youngsters until the very last minute.

Octogenarian Alexander Allen said: "What bothers me most is being left out of things. Just because I'm retired from my job doesn't mean I'm retired from life."

George then brought us to the purpose of the discussion—being considerate of others by remembering how things once were or by imagining how a situation might be. "Do that," he said, "and you'll be practicing one of the oldest axioms—The Golden Rule."

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City State Zip

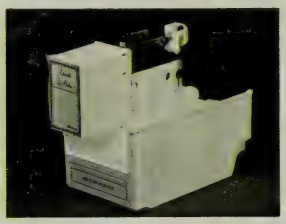
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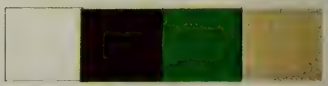
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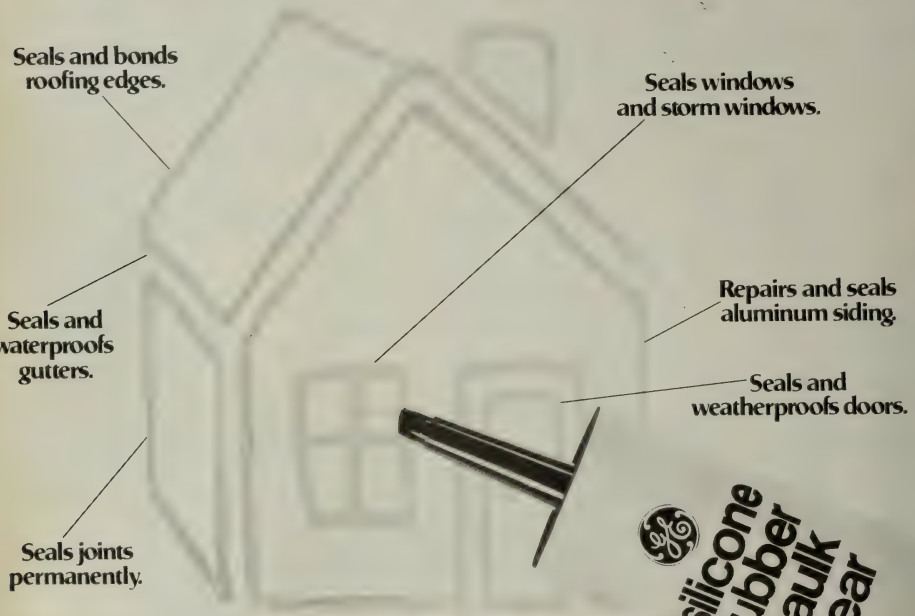
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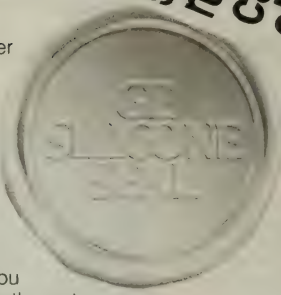
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Better Homes and Gardens®
THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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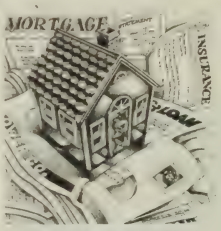
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Only one disposer gives you a Wham Jam button.

The KitchenAid stainless steel disposer is the *only* disposer that unjams itself at the touch of a button.

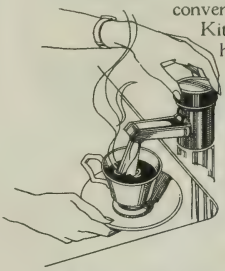
And that sure beats calling a plumber to get the thing unclogged.

The KitchenAid disposer has extra power to grind up the toughest stuff, even bones.

The fact is, if you compare a KitchenAid disposer with other makes, you'll find that the KitchenAid comes out ahead.

To help convince you, we'll send you a chart so you can make your own point-by-point comparison.

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GM's New Front-Wheel-Drive Cars

Roomy. Comfortable. The "space age" comes to trimmer cars.



One of the first things to impress you about the new Chevrolet Citation, Pontiac Phoenix, Oldsmobile Omega and Buick Skylark is the amount of room for both passengers and luggage.

How we got it.

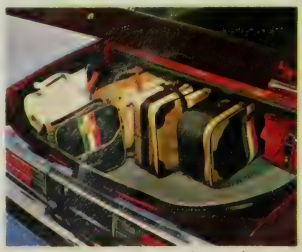
Basically, these cars were designed around transverse-mounted, front-wheel-drive engines and MacPherson Strut front suspensions. This allows us to reduce overall length, yet design cars with plenty of room for passengers and luggage.

Surprising spaciousness.

For 1980, there's more front-seat legroom and rear-seat hip room, headroom, legroom and knee clearance than in the cars they're replacing.

The rear seating is the same in two-door models as it is in four-door models—enough for three adults.

And for tall people, the front seat can be adjusted rearward more than on any other domestic automobile.



Even the trunk has been designed for efficient use of space, with the spare tire tucked away under a special panel to provide a completely flat floor.

Comfortable accouterments.

As you might expect, these new GM cars are also designed to pamper. Body by Fisher interior appointments are most handsome. Instrument panels are good-looking yet functional. Foam-backed headliners contribute both good looks and acoustical insulation. And one-piece carpeting is standard.



Take a test drive.

If comfort and room are important to you in the selection of an automobile, we'd like to recommend that you test-drive our front-runners for the '80s at your GM dealers soon.

You're in for a thoroughly delightful experience.

GM's Front-Runners for the '80s.

Look into buying or leasing at your GM dealers today.

Chevrolet Citation, Pontiac Phoenix, Oldsmobile Omega, Buick Skylark.





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germs gone
odors gone

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THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
JUNE, 1979; VOL. 57, NO. 6

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In this country, there are 7.7 million women who are sole heads of household. Their need for life insurance has always been obvious.

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The Travelers and its independent agents, though, have not been Jane-come-latelies in life insurance for women. As evidenced by the fact we were one of the first major companies to offer lower life insurance rates for women.

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Women don't need any more help from insurance companies than men. Just the same help.

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We offer life, health, auto, and homeowners insurance, and mutual funds and variable annuities for individuals, and virtually all forms of insurance for businesses. The Travelers Insurance Company, The Travelers Indemnity Company, Travelers Equities Sales Inc., and other Affiliated Companies of The Travelers Corporation, Hartford, Connecticut 06115.

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On your dishes... on your table... your Joy shows.



What a nice reflection on you.

How to Figure "Fuelishness"

You have to be an ever vigilant motorist to keep your car from being a "fuelish" gulper of today's high-priced gasoline. Here are some of the sneaky ways your car can waste precious fuel. Some of the losses may sound minuscule, but added together they can represent a heap of dollars spewing from the exhaust pipe of your car.



What goes in your car?

According to the Highway User's Federation, every 100 pounds you add to your car (including passengers' weight) costs you between one-tenth and four-tenths miles per gallon. The smaller and lighter your car and the more stop-and-go driving you do, the more the extra weight cuts your mileage. How can you cut the load? One way is to stop using your trunk to store snow tires, golf clubs, and other equipment. Another is to usually carry only one-half tank of fuel for city driving, thus lightening the load by 30 to 60 pounds. In winter, snow and ice on the roof, trunk, and hood, and in fender wells, can add up to 100-plus pounds.

The engine's condition

It's estimated that about 60 percent of the cars on the road need a tune-up. If your car is among them, your fuel costs can be about ten percent higher than normal, even if your car is still running OK. If the need is acute and the car is running roughly, it's probably burning about 20 percent more fuel than it should. What causes these losses? A misfiring spark plug can cut miles per gallon by about two miles; a sticky carburetor by about three miles; and a dirty air cleaner by about one mile.

The tires' friction

Underinflated tires can cut one or more miles from your car's mpg. Driving on gravel roads reduces mileage by about 35 percent compared to driving on smooth, paved roads. Improper front-end alignment can cut mpg by about one-third mile. Snow tires and studded tires also increase friction; they should be removed as soon as the weather permits. Radial tires, on the other hand, can boost your mileage by about six percent.

Your car's accessories

When you flick on the air conditioner while traveling down the highway, your car's mpg immediately drops by about ten percent; when you do the same in heavy stop-and-go traffic, the decrease can fall to 20 percent. If you've opted for power steering, it's cutting mileage by about one mile. Other accessories such as lights, heater, defroster, radio, etc., consume extra fuel and shouldn't be used needlessly. One option that might not cost you as much as you might think is automatic transmission; in some cases your loss can be less than one-half mpg. However, if you do the bulk of your driving on city streets, automatic transmission can cost you up to eight percent more in mileage over a properly shifted manual transmission. Letting up slightly on the accelerator each time the automatic transmission shifts into a higher gear can decrease this loss somewhat. If your car has standard transmission, keeping the car in the lower gears too long can be costly; a car running in second gear uses about 45 percent more fuel than in fourth gear.

Speed

Driving at a steady speed instead of speeding up and slowing down a lot (which tailgating usually requires) can save as much as four miles per gallon. And if that steady speed is 55 mph instead of 70, you'll increase mileage by about 20 percent. But even if you drive at a steady speed, your mileage will drop dramatically when you encounter wind resistance or uphill grades. Traveling 50 mph into a 20-mph headwind consumes the same amount of fuel as traveling 70 mph with no wind. And just a four-percent grade produces the same result—a fuel consumption of 70 mph while traveling only 50 mph.

The way you drive

Short trips are one of the biggest gasoline gulpers. Because the engine usually can't warm up to its full efficiency, a short trip can require up to 70 percent more gasoline per mile than a longer trip. Other contributing factors are the extra stops and starts the inefficient engine must face. Obviously, it's wise to combine short trips into longer ones.

Warming up the car in winter is another wasteful practice; your car always consumes a few ounces of gasoline during starting and about half the starting amount each minute of idling. Driving slowly for the first couple of miles is a much better way to warm up the car. And if you pump the accelerator repeatedly before starting, you might be wasting as much as an extra gallon of gasoline a week. Depressing the gas pedal just once before starting is all most cars require.

Jackrabbit starts also gulp gas; they can burn twice as much fuel as smooth, steady starts. Likewise, hard braking, instead of smooth, steady pressure on the pedal, makes your engine work harder and burn more fuel. ■

Drawing: Hellman Design Associates

"Aunt Clara has been adding grain to coffee for years to get great coffee taste without bitterness. Now Mellow Roast® does it for her."

"I love to visit Aunt Clara on her farm. Her country cooking is delicious, and she's a gold mine of little-known secrets that help things taste better.

"Like adding a dash of almond extract to her peach cobbler to bring out the true peach flavor. Or adding grain to her coffee for a non-bitter taste.

"She claims that for as long as she can remember, women in our family have added grain to coffee and found the bitterness went away. Now Mellow Roast® Coffee and Grain Beverage does what they've been doing for all those years.

"Mellow Roast starts with three kinds of rich, robust coffees; then blends in roasted grain to take away the bitter edge for a delicious, full-flavored coffee taste.

"Now that she's tried Mellow Roast, Aunt Clara says it's every bit as good as her own. 'But,' she says, 'I wager my peach cobbler's still better than most.'"



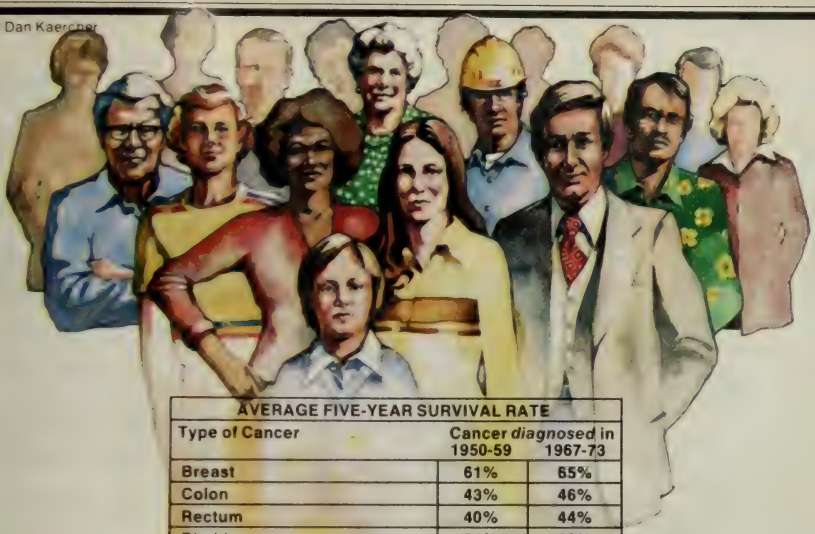
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AVERAGE FIVE-YEAR SURVIVAL RATE		
Type of Cancer	Cancer *diagnosed* in 1950-59	1967-73
Breast	61%	65%
Colon	43%	46%
Rectum	40%	44%
Bladder	54%	63%
Cervix	60%	58%
Body of uterus (endometrial)	72%	77%
Prostate	47%	59%
Stomach	12%	12%
Lung	7%	9%
Pancreas	1%	1%

WHERE DO WE STAND IN THE FIGHT AGAINST CANCER?

Medical advances in the past two decades have considerably brightened the outlook for cancer patients. If diagnosed early—as is now possible in many forms of the disease—some of the worst cancers can be cured.

Few American families have escaped involvement with cancer. One of six Americans now living will die because of cancer. This year alone the estimated toll will be 398,000 deaths and 771,000 diagnosed new cases. During the 1970s it is estimated that ten million Americans will have undergone cancer treatment at a total cost to the nation of more than $300 billion for direct expenses such as hospitalization and indirect losses such as wages and man-hours.

Cancer takes hundreds of forms, each responding differently to treatment according to site, method of treatment, extent to which the disease has spread, and the stage at which it was first detected. A cure or preventive for every case is not yet within sight.

But in spite of all the grim statistics and the awesome complexity of the enemy, there are many reasons to be heartened about progress in the fight against cancer. For persons with some forms of cancer—in certain stages—the word cure *can* be used.

Today many cancer patients will live out their predicted normal lifespans. Compare that to the 1930s when not one in five was alive five years after treatment began. And to the 1950s when only one in four lived five years (five-year survival has been the most common measure of a treatment's effectiveness; for many cancer patients five-year survival without cancer is the bench mark at which they can be considered cured). Cancer researchers expect this steady progress to continue and accelerate. That means the anguish and fear that accompany the diagnosis of cancer can be honestly tempered with hope.

Improved survival rates

According to an extensive study by the National Cancer Institute (NCI), survival rates for the ten most common forms of cancer have gradually improved since the early 1950s, although in some instances the improvement is only slight. The chart above indicates average five-year survival rates for the most common cancers (skin cancer, the most common and most curable, was not included). These figures, from the NCI, apply to White Americans; survival rates for Black Americans are generally lower but are also improving.

continued

Drawing: Hellman Design Associates

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The makers of 15 washers pack Tide coupons in their top-loading automatics.

continued



WHERE DO WE STAND IN THE FIGHT AGAINST CANCER?

The "average" rate includes three types of cases: those where the cancer is *localized* (in early stages when it has not spread and is most easily curable); those where the cancer has spread to neighboring *(regionalized)* sites; and those cases where the cancer is widespread *(distant)* throughout the body. Survival rates for localized cancers are far higher than the average (see chart below).

The figures emphasize two points that cannot be made too strongly: *Early detection and treatment of cancer are most important,* and *some cancers are curable diseases.*

Stomach and cervical cancer survival rates are admittedly unimpressive, but the NCI report notes that the *number* of stomach cancer cases has decreased sharply in the last 25 years (the actual reasons are unclear but improved diet is suspected). The number of cases of cervical cancer also has been decreasing at least partly because of increased use of the Pap Test since the mid-1950s.

Cancer experts deplore the dismal figures for lung cancer, which continues to kill nearly 100,000 Americans each year, because it is the most preventable of all the major cancers. It is estimated that *up to 90 percent* of the deaths from lung cancer could be eliminated with one change in life-style—the cessation of smoking.

There have been dramatic increases in survival rates for patients (mostly children) with acute lymphocytic leukemia (cancer of the blood-forming tissues), Hodgkin's disease (a form of cancer affecting the lymph glands), and Wilm's tumor (cancer of the kidney). Fifteen or 20 years ago patients survived only a few months at best. Today the survival figures for many patients with these cancers are topping ten years with no recurrence of the disease. And, each year the figures increase. As one expert said, "Ten years from now we'll be talking about all the young adults who have lived 20 years without a recurrence of cancer." The profitable lessons learned in the treatment of these cancers are beginning to be applied in the treatment of more common cancers.

Five-year Survival Rates by Extent of Spread at Diagnosis, for White Patients Diagnosed in 1965-69

	Localized	Regionalized	Distant
Breast	85%	56%	10%
Colon	73%	48%	8%
Rectum	68%	36%	5%
Bladder	72%	21%	4%
Cervix	78%	45%	10%
Body of uterus (endometrial)	86%	50%	22%
Prostate	70%	61%	20%
Stomach	40%	14%	1%
Lung	33%	11%	1%
Pancreas	5%	3%	1%

Chart prepared by the National Cancer Institute

The nature of the enemy

Although survival rates for many cancers are improving, the incidence and number of deaths from cancer are also increasing. A major reason for this is that lung cancer, one of the deadliest forms, is becoming increasingly common among women. In addition, most of the cancers being detected today started slowly, silently, and insidiously over ten, 20, or 30 years ago. By the time they are first diagnosed, more than 60 percent have metastasized (spread to a distant location in the body).

Cancer is an abnormal, uncontrolled growth of body cells. The mass or tumor that results from this growth invades and destroys surrounding normal tissue. Cancer cells also may break away from their original mass and be carried by the blood or lymph to other sites in the body. Once again a single cell can begin uncontrolled (secondary) growth that further attacks and destroys organs at the new site.

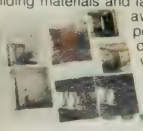
More than 100 different types of cancer have been identified. The causes of some (such as smoking) are well-known, but the causes of most cancers are more obscure. Viruses have been shown to cause cancer in many species of animals, and viruses are suspected of causing cancer in humans, too. Many environmental *carcinogens* (cancer-inducing substances such as tobacco smoke, radiation, industrial chemicals, drugs, and food additives) have been identified. Some scientists estimate that as many as 80 percent of all cancers may be attributed to environmental factors. Carcinogens enter the body through the air, water, food, and chemicals we consume, and then gradually change normal cells to malignant ones.

Precisely how these changes take place is not known at this time, but scientists believe the carcinogen binds itself to the cellular material—DNA—that contains the genetic code. Then the DNA is damaged or somehow thrown out of kilter by the carcinogen. Eventually the affected cell may die or

continued



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continued

Cancer

mutate (evidence a change in genetic material) and become malignant, dividing at abnormal rates. Of the many factors that contribute to the development of a cancer, the "mutagenic" nature of carcinogens—their capacity for bringing about genetic change—is considered to be the most important.

By avoiding excessive sun, by not smoking, or by taking protective measures on the job, we can avoid many carcinogens. However, the fact remains that millions of cancers believed to be preventable *do* occur. For the victims of cancer, hope lies in the increasingly sophisticated treatment programs.

Advances in treatment

Localized cancers can often be removed by surgery, or destroyed by intensive radiation. But these methods alone are inadequate in combating cancers that have spread and cancers (the leukemias and lymphomas for example) that are widespread almost from their very beginning.

Today, physicians rely on an increasing array of anti-cancer drugs to destroy or "mop up" any residual cancer cells that may escape after surgery or radiation therapy. For other patients the chemotherapeutic drugs can slow malignant growth and relieve pain, and allow the patients to live longer and more comfortably.

The good results achieved by intensive chemotherapy in treating acute leukemia and the lymphomas have bolstered the belief that the drugs would be similarly effective in treating other widespread cancers. Clinical studies to gauge the effectiveness of chemotherapy on breast, lung, and colon cancers are under way. The ultimate goal is to develop drugs that will destroy cancer cells and at the same time do minimal harm to healthy, normal cells.

One technologic advance that has helped in the diagnosis and treatment of cancer (and other diseases) has been the development of fiber-optic endoscopes—long, highly flexible instruments, no thicker than a finger, that can be passed into the digestive tract, lungs, and reproductive system. These fiber-optic instruments, equipped with brilliant lights and surgical devices, provide an excellent view of inner walls of passageways so physicians can spot abnormalities in the throat, stomach, duodenum (upper part of the small intestine), colon, pancreas, and lung.

Before the advent of the fiber-optic endoscope, major surgery often had to be performed to obtain a sample of tissue for diagnosis. Now a sample of tissue from a suspicious-looking growth can be burned or snipped off for biopsy. In a small proportion of such cases, the growth may be diagnosed as cancerous or precancerous.

Colon-rectum cancer is one of the diseases that's easily diagnosed and treated because of fiber-optic devices, yet it continues to kill more than 50,000 Americans each year. Why? Because people frequently ignore the symptoms and avoid examinations that are used to diagnose colon-rectum cancer at an early, and localized, stage. (Annual examinations are recommended for those over age 40.) Disorders of the bowel and rectum are conditions that most people find difficult to discuss—even with their doctor. And because the symptoms (rectal bleeding, gas, change in bowel habits, constipation, and/or diarrhea) are often mild in the beginning stages, many persons ignore them instead of visiting a doctor for examination. By the time the diagnosis is made, the disease may have spread beyond the original site.

The failure to act in time is deplored by Dr. LaSalle D. Leffall, Jr., president of the American Cancer Society and chairman of the Department of Surgery, Howard University College of Medicine, Washington, D.C. "We now have the tools and techniques for the detection of colon-rectum cancer at a very early stage when it is curable in 75-80 percent of cases," says Dr. Leffall.

At Beth Israel Medical Center in New York City, colon growths have been removed by a device called a colonoscope in more than 3,500 patients, without a single death, and only two percent of the patients required further surgery for the condition. "All the others avoided an abdominal operation, and most required no other treatment," says Dr. William I. Wolff, chairman of the Center's Department of Surgery.

continued



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continued

Cancer

Other detection advances

Improvements in the screening and diagnosis of the two other top cancer killers—breast and lung cancer—should make it possible to detect a large proportion of these malignancies before they have spread to other areas. Recent refinements in mammography, used along with regular physical exams, have contributed to continuing increases in the survival rates among older patients with breast cancer.

Other diagnostic advances in the war on cancer include sophisticated X-ray techniques such as computerized axial tomography (CAT) that shows one thin layer of body tissue at a time (tomograms). Another technique is angiography which makes blood vessels visible by using an injected radiopaque dye. These procedures permit identification and precise location of tumors not otherwise observable by conventional X ray.

The most promising research

Research is basic to the continued fight against cancer. Because cancer-causing mechanisms are still mysterious, the solutions to cancer will require long-term research involving fundamental studies of life processes. Scientists must employ a variety of scientific disciplines—cell and tumor biology, molecular biology, genetics, virology, chemotherapy, chemical carcinogenesis, immunology and immunotherapy (manipulation of the immune system)—to obtain the knowledge needed to control cancer.

According to the National Cancer Institute and the American Cancer Society, more than 40,000 scientists and technicians are working on the problem in hundreds of medical centers throughout the country—at a cost of about $1.2 billion a year. (Three-fourths of that cost is supported by the government; the rest is provided by state and local governments, private funds raised by ACS and other voluntary health agencies, other private institutions, and industry.)

The cure for cancer must come through research. Of the many areas under intensive study, here are the ones that, in the opinion of some of the country's leading cancer researchers, offer the most hope and promise:

- **Epidemiological studies** (studies of the occurrence and distribution of disease) to find precise causes of specific cancers. Dr. Lester Breslow, dean of the School of Public Health at the University of California, Los Angeles, says, "Identification and elimination or reduction of hundreds of carcinogens in the environment can lead to prevention of much cancer. Such studies also help to identify individuals and groups of people at high risk, who can then be screened to detect early signs of cancer."
- **The search for biological "markers"**—substances in the blood or urine that reveal the presence of tumors at a very early and curable stage. "We're looking, ideally, for a battery of simple and economical blood or urine tests that would detect biochemical substances given off in the presence of tumors, to indicate change from the normal to the malignant state," says Dr. Arthur C. Upton, director of the National Cancer Institute. "Detection of such early changes may provide a basis for screening populations and high-risk

groups for the presence of beginning cancer. Also, such markers would help detect the spread of the disease and help monitor the disease during the course of treatment."

● **The search for improved drugs and other treatment measures.** "Cancer is one of the most treatable diseases," says Dr. Emil Freireich of the M. D. Anderson Hospital and Tumor Institute in Houston, Texas. "Prevention is fine and should be increased, but until cancer can be prevented completely, it is going to be controlled by progress in treatment. That's our best hope. We now have excellent drugs and we are going to get better ones—specific drugs for specific cancers, designed to hit specific parts of the cancer cell. Since the cancer process involves an abnormality in gene regulation, the ideal drug would counteract the carcinogen's interference with the genetic code."

● **Studies in molecular biology and chemistry** to gain a better understanding of the cancer process. "The chemistry of a cancer cell is somewhat different from the chemistry of a normal cell," says Dr. Emil Frei III, director of the Dana Cancer Center and professor of medicine at Harvard. "We can study these differences by placing normal cells in test tubes and transforming them, with carcinogenic substances, into cancer cells. Knowledge of precisely how the normal cell becomes different will be of enormous help not only in unlocking the secret of the cancer cell at a molecular level, but in devising rational approaches to developing drugs that selectively destroy cancer cells."

● **Immunologic studies** to find better ways to manipulate the body's own immune defense system to destroy cancer cells that are, like infectious bacteria, recognized as not belonging to the body. "Tremendous strides are being made in identifying tumor antigens—substances on the tumor that incite the formation of antibodies or immune response," says Dr. Robert A. Good, president and director of the Sloan-Kettering Institute for Cancer Research in New York City. "Ultimately, vaccines consisting of purified antigens will be developed to stimulate the patient's immune system to attack specific cancers." Dr. Good explains that our bodies are always producing a few malignant cells and that, as we grow older, our immune system weakens and no longer can keep those relatively few malignant cells in check. Dr. Good says, "By strengthening the immune response in a variety of ways—vaccines, enzymes, killed cancer cells, and other substances that stimulate the production of antibodies—we should be able to control the growth of malignant cells and, hopefully, also slow down the whole aging process."

All the authorities quoted agreed that, highly complex as it is, cancer is a *solvable* problem: solvable through scientific research, and within the capabilities of human intelligence. They firmly believe that, with continued dedication to the task, ultimate victory over cancer will be achieved.

To learn more about cancer, call the Cancer Information Service's toll-free number 800/638-6694 (800/492-6600 in Maryland). Or write the National Cancer Institute, Bethesda, Maryland 20014. Other sources of information about cancer are listed in the May, 1978, *Better Homes and Gardens*. Also check your local American Cancer Society office for extensive literature about cancer. ■

—William Cole and
Michael P. Scott



CROSS STITCH on GINGHAM

By Coleen Deery

Even if you've never embroidered before, you'll find making these summery stitcheries a breeze. All you need do is plot your design on gingham, using the checks as a size guide for each stitch. We created the design for our tablecloths, aprons, and tea towel by combining different patterns from the pillow, *right*. Embroider them as we did or create your own designs. Complete how-to begins on page 166.





WINDOW FASHIONS... *By the Yard*

By Laurel Lund and
Robert E. Dittmer



Photograph: Fred Lyon. Design: Ilene Sanford
Source: Helen Helfkamp





Photograph: Top left, Semarco Design; Betsy Cahill; Source: Estelle Bond Guralnick
Photograph: Top right, Jim Hedrich, Hedrich-Blessing; Design: Gayle Jolluck Inc; Source: Ruth Grenci

Do you think of windows as decorating problems—things to be dressed up, covered up, or treated? We propose a fresh, positive approach. Think of window decor as a way to express what you like.

Translating your ideas into terrific-looking windows is easy when you work with fabric and fabric trim. Whether used by the bit or by the bolt, fabric can help visually alter the size and shape of an awkward window, emphasize architectural detail, filter light, or open up a delightful view.

On these pages, we'll show you fabric fashions for every personality and pocketbook. Our examples are sure to give you a whole new outlook on window decor.

In this family living area, *opposite,* a pair of French doors posed a decorating challenge. The "wall of windows" resulted in too much sun and too little privacy. But heavy draperies were ruled out because they would obstruct the swinging doors. The solution? A simple yet elegant Roman shade.

The shade is anchored on a wood valance mounted above the casement molding so the doors can swing open and shut when the shade is raised. When lowered, the Roman shade buffers midmorning sun and provides privacy.

Because the window treatment spans the entire width of the French doors, a heavy cotton duck material was selected. The sturdy fabric maintains its shape without sagging. And the simple design of the shade makes it look like part of the room's architecture.

In the dining room *above left,* the window and wall decor work in tandem to revitalize an aging interior.

The update began when unsightly peeling walls and a cracked ceiling were concealed with a pastel mini-print paper. Next, the chair rail and dado were painted a rich mauve to provide relief from the patterned wall covering.

To give design importance to the window, full-length pull draperies were created from fabric that matches the wallpaper. The draperies were mounted above the window casing and topped with a cottage valance. Dressmaker details, like the blue-ribbon piping on the ruffled valance, add visual interest.

One way to arrive at a harmonious window fashion is to take your cue from the architecture of the room. In this typical subdivision home, *above,* the colonial Williamsburg style of the dining room inspired these traditional tieback draperies with matching handkerchief-fold valance.

A nubby-weave fabric in crisp eggshell white was selected to blend the window with the walls. The generous floor-to-ceiling drapery panels were installed on a traverse rod mounted at ceiling height. Although the ceiling is the conventional eight feet, the panels visually stretch the window and the ceiling . A matching valance with inverted handkerchief folds tops the tieback panels.

Buying Information, page 185





Photograph: Top right, Semarco Design: Linda Matzkin. Source: Estelle Bond Gurafnick



Photograph: Top left, William Hopkins Source: Norman's of Salisbury
Photograph: Bottom right, Semarco. Design: Karin Weiler

WINDOW FASHIONS

THAT DO MORE WITH LESS

A softly shirred balloon shade is a great way to get big returns from a small investment in fabric.

In the sunlit sitting area, *above,* little more than a yard of fabric dresses up a garden window niche. The balloon shade—aptly named for its poufy scalloped lower edge—adds softness to an ordinary window without being fussy. The balloon shade shown here is mounted on a ready-made curtain rod. A rope cord facilitates raising and lowering the shade.

Here's another easy-on-the-budget window fashion that's also easy to do. Simply frame your window with fabric-covered shutters. In this typically dark older home, *top right,* the shutters serve a dual purpose: they dress up an otherwise dreary window, and they let in sunlight.

To make shutters like these, measure from the top of the window casing to the sill and cut four 1½-inch plywood panels to fit. Make each panel one-fourth of the window's total width. Next, staple a layer of Dacron batting to one side of each plywood panel. Then cut your fabric into four pieces, each slightly larger than the padded frames. Stretch the fabric tightly over the panels and anchor with upholstery nails.

Join the two shutter panels with piano hinges and secure to the window molding with more hinges.

Traditionally, a swag is used with formal draperies that require yards and yards of expensive fabric. But here, *lower right,* a swag is used *sans* draperies for an unpretentious and charming country look.

The lightweight calico fabric was interfaced to give it enough body to maintain its shape. (If you use heavier material, the interfacing can be eliminated.) Then the fabric was lined with pink cotton that can be seen in the gentle folds of the jabots.

Once the three calico pieces were cut to shape and lined, they were stapled to a wood valance anchored above the window frame. To add the finishing touch and conceal adjoining pleats, a calico rosette was affixed to each corner.

In this vintage home, *opposite,* simple fabric shades highlight the classic frames of the side-by-side windows. First, the window casings were given a coat of white paint to contrast with the mocha walls. (The walls are actually covered in plain brown wrapping paper.) Below the chair rail, also painted white, gunmetal gray paint adds interest to the dado and built-in buffet.

To visually expand space in this small dining area, the two windows were treated as one large unit. Vertically hung fabric panels were suspended from a curtain rod anchored beneath the wood molding, and fastened to the casing with a matching fabric-covered button. When the shades are folded back, the drapery lining is partially exposed, thus coordinating window and wall decor.

Buying Information, page 185



Photograph: Harry Harmon
Design: Susan Bradford, ASID
Source: Ruth Eyerly



Photograph Top: Semarco. Design: Deborah Kelley Interiors. Source: Estelle Bond Guralnick
Photograph Center: Fred Lyon. Design: Muriel Hebert. Source: Helen Heitkamp

WINDOW FASHIONS

THAT CAMOUFLAGE AWKWARD ARCHITECTURE

Minimize the disparate sizes and shapes of two "windows" in close proximity by dressing them alike in fabric that matches the walls.

In the delightful entryway *above*, tailored tiebacks are used for the double-hung window and the glass-paned door. Because the maple sugar and white striped fabric matches the wall covering, the mismatched window and door now meld nicely with the background.



In a barely big enough bedroom, a large expanse of glass can severely limit your furniture arranging options. But in the bedroom *above*, a large window was turned into a design asset by incorporating it into the decorating scheme.

The homeowners had always wanted a canopy bed—an impossible dream for their small bedroom. Instead, they simulated a canopy with ready-made bed linens. First, they designed an upholstered headboard for the bed and covered it with a floral sheet. Next, the bed was butted against the window wall, and draw draperies were installed at the windows. A ruffled valance and a laminated roller shade complete the canopy-style treatment.

Instead of spending a small fortune on custom-tailored draperies for this dining area, *opposite*, the homeowners called on some low-cost ingenuity. Multicolored Indian cotton print bedspreads were purchased at a local import store for a song. The six ready-made "panels" were cut four inches longer than door height. This extra fabric was then hemmed and folded under the top of each panel to form a sleeve for the curtain rods. After the drapery panels were installed, they were secured to the window frames with self-ties to facilitate the movement of swinging French doors.

To spotlight these colorful curtains, the walls were painted white. Rush-seated chairs, each painted a bright primary color, provide comfortable mealtime seating for the family.

Buying information, page 185



Contemporizing a '40s house

By CarolAnn Shindelar



When Gil and Lois Tredwell bought this house in 1946, it looked very much like every other story-and-a-half on the block. Several remodelings changed the interior, but the exterior stayed the same for over 30 years. Now a contemporary face-lift—planned and executed by the homeowners—has given it a dramatic new look. Compare the 1975 version of the house, *top right*, with the home today, *above*, and you'll see what we mean.

A designer friend of the Tredwells' daughter Martha persuaded the family to think big when they planned their face-lift. He suggested giving the house a contemporary look by building a peak, and he sketched the idea on tracing paper. This sketch became the only "blueprint" for the project.

Gil Tredwell has always done all the work on the family home himself, and this project was no exception. With a final OK from what he affectionately calls his "approval committee"—his wife and daughters Martha, Susan, and Barbara—he began building in the fall of 1975.

To determine the exact dimensions of the peak, Lois built several scaled-down models of the house. She designed six in all before finding just the right size and shape.

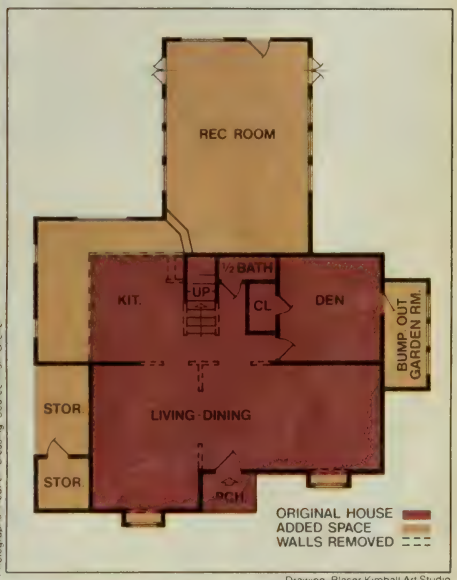
The face-lift included the addition of a new entry and front steps *(see plan)* and two window bump-outs. Lois first built a mock-up of a bump-out completely from cardboard and attached it to the original window. The family spent several days deciding whether or not they liked the effect (all the while praying for dry



Photographs, Hedrich-Blessing, Source Book



BEFORE



Drawing, Blaser Kimball Art Studio

weather) before finally giving it their approval.

Rough-sawn Western red cedar was used to side the house. The committee had approved the cedar several years ago after Gil used it to side the garage.

Gil worked on the front of the house first and then did one side each year. He's shown *at right* finishing up the south, and last, side last fall. (With professional help your exterior update could take only a few months.) The 2x6 framing attached to the house is the understructure of a bump-out garden room for Lois' houseplants.

And what's the Tredwell's next big project? They plan to remove the old roof and open up the space inside the house created by the new peak. But for the time being, Gil and Lois are taking a well-deserved rest.

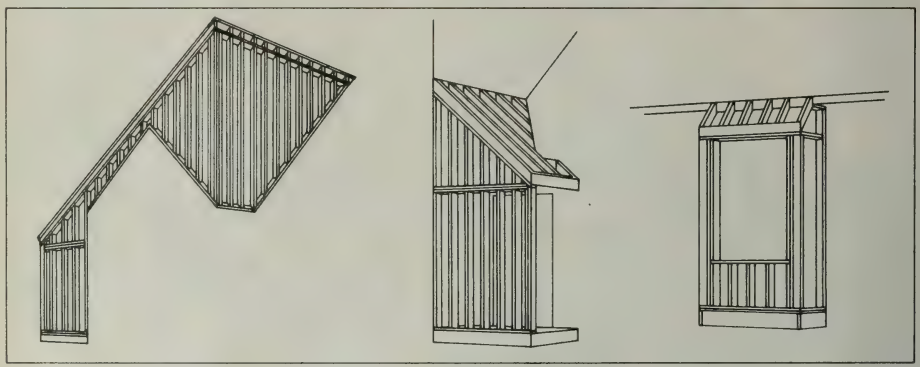
continued



Contemporizing a 40s house



Drawing: Hellman Design Assoc.



Architectural Reference: Dane Art
Drawings: Basse Kimball Art Studio

If you plan a face-lift similar to the one we've shown, the following tips can help you and your carpenter anticipate what's ahead.

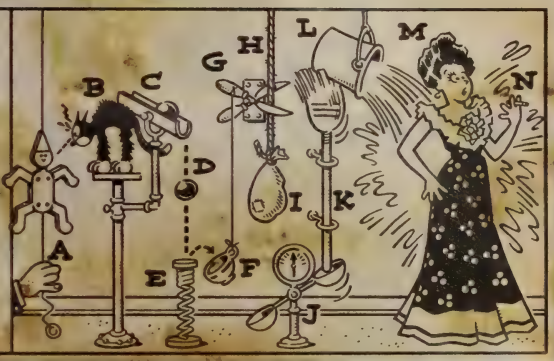
A peak like the one above not only can make a dramatic change in the curb appeal of your house, but can also give exciting heights to your rooms—if you open up the old roof.

Start out by pouring footings and a slab for the storage area (*see plan*). Add the lower stud walls and temporarily brace them in position. Next go to the roof to nail down the bottom plates and construct the upper walls; brace them in place also, and tie them to the ground-level walls with notched rafters. Then add insulation, sheathing, roofing, and siding.

Consider adding an entry, even if it doesn't figure in an overall remodeling. And close it off; that snug little space creates an energy-saving airlock that's especially valuable in extremely hot or cold climates. Pour a slab (if there isn't one already), then build the lower and upper (triangular) stud walls and tie them to the house above the door opening. Anchor one nailer board onto the sidewall of the peak, another one flat on the roof where the ends of the short cripple rafters will rest. Then install the rafters and add sheathing and other finishing materials.

Cantilever the bump-outs only a couple of feet so you won't have to provide a foundation. The strongest way to build the base is to remove a portion of the box sill, slip the ends of the new joists alongside the house joists, and scab (nail) the two together. However, if the house joists run the wrong way, scab the new joists to the house studs. Add a floor, erect the new walls, and scab the new rafters to the old ones. Then fill out the exterior.

PULL PUPPET'S STRING (A). PUPPET FRIGHTENS CAT (B). FRIGHTENED CAT ARCHES BACK AND UPSETS PLANK (C). CANNONBALL (D) ROLLS OFF PLANK AND LANDS ON SPRING (E), WHICH HURLS IT INTO CUP (F) ATTACHED TO HEDGE CLIPPERS (G). HEDGE CLIPPERS CUT ROPE (H), RELEASING SANDBAG (I). SANDBAG STRIKES BALANCE (J), WHICH PROPELS BROOM (K) SKYWARD, WHERE IT MEETS BUCKET OF WATER (L). WATER POURS ONTO WOMAN (M) AND EXTINGUISHES CIGARETTE (N).



In 1908, Professor Swabon proved that for every action there is an equal and opposite reaction.



You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



5 mg "tar," 0.9 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FOR 30 YEARS CONSUMERS HA VINYL FLOORI EYES CLOSED.

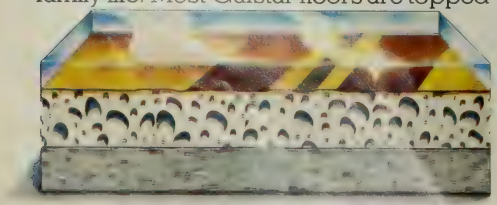
It's really not anyone's fault.

It's just that over the years, vinyl floor manufacturers have shown people plenty of shiny floors in spotless, unlived-in rooms, and given them almost no information about vinyl floors themselves.

And so we at GAF—the makers of Gafstar® sheet vinyl and floor tiles—decided it was high time that someone opened people's eyes.

THERE'S A LOT TO LOOK FOR IN ADDITION TO LOOKS.

Before you decide on the fun stuff like color and design, there are a lot of other considerations to make. Like how long you want your vinyl floor to last. Unless you're either very fickle or very rich, you'll probably want it to be around for several years. So the first thing you should know is how well-armed a vinyl floor is against the assaults of everyday family life. Most Gafstar floors are topped



A cross section of Gafstar™ 700 Series sheet vinyl

with a tough, transparent wear-layer. There to provide an extra layer of protection between your floor and your family.

THE RIGHT FLOOR FOR THE RIGHT ROOM.

Different rooms demand differe things fro vinyl floor An entran room floo greeted b lot more f steps than sitting roo floor.



A playro floor has t put up wi falling toy and noisy kids; a dining room floor, with massiv furniture and a lot of spills.



And while it would be nice to think that all vinyl floors are perfect for all rooms, it simply isn't true.

So at GAF we specifically make certain floors to satisfy certain conditions. Some are amazingly resistant to abrasion; others to impact or indentation; and still others to liquids or sound resonance.

AMERICAN
VE BEEN BUYING
G WITH THEIR



Gafstar® 6700 Series sheet vinyl.

A VINYL FLOOR'S ULTIMATE TEST: THE KITCHEN.

No floor is abused like the kitchen floor. On it come the footsteps from the entrance hall, the toys from the playroom, the mud from the backyard and all kinds of potentially damaging household liquids. Which is why GAF makes a whole range of floors that are amazingly resistant to almost everything. They may cost a little more, but for the money you simply can't buy a better floor.

WHAT DOES NO-WAX FLOORING REALLY MEAN?

While there are many glowing things to be said about no-wax vinyl floors, there are certain things that have been—pardon the expression—swept under the rug. Contrary to what some people would like you to believe, all no-wax floors—even our own Gafstar® Brite Bond™ Floor Tile—require a degree of care. They should be mopped occasionally. And after a long while, you might want to apply a vinyl dressing to restore the floor to its original dazzle.

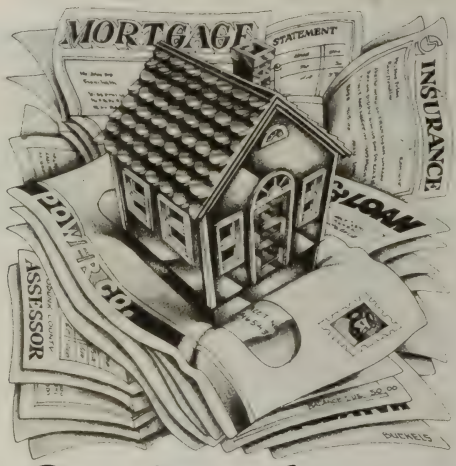
THE BEAUTIFUL PART.

Once you have looked into all there is to know about vinyl floors, you are finally ready to look at the designs themselves. This, of course, is largely a matter of personal taste. Just make sure that you expose yourself to a wealth of possibilities. At GAF we realize that there is no point in making great floors unless they're great-looking as well. So we've assembled an eye-boggling collection of colors and styles, representing every design point-of-view imaginable.

We hope we've answered some of your questions about vinyl flooring. In coming ads we'll try to answer more. Because the way we see it, the more we open your eyes about vinyl flooring, the more likely you'll be to look our way.

GAF® **GAFSTAR®**
VINYL FLOORING

WE'RE OPENING PEOPLE'S EYES UP ABOUT VINYL FLOORING.



Owning a home: How to figure the REAL COST

Digging up the down payment is only the beginning. Home ownership involves a greater expense than the monthly mortgage payment indicates. Here's how to judge what owning a home *really* costs.

The cost of *buying* a new home has more than doubled in the past eight years. Home prices went up 142 percent between 1970 and 1978, rising from a median of $23,000 to $55,600. And 1979 prices are even higher.

That's bad enough, but there's more. The cost of *owning and operating* a home has gone up almost as fast as the cost of buying. Between 1970 and 1978, the median cost of maintaining a home soared 135 percent from $998 annually to a startling new high of $2,454 per year.

The second set of figures is even more worrisome than the first. When you buy a new home (assuming you have a fixed-rate mortgage), you know with certainty what it's going to cost each month. The amount doesn't increase, and you pay off your mortgage in dollars of declining value.

But ownership costs are not stable. The cost of owning and maintaining a home keeps going up—and nobody knows ahead of time how fast ownership costs will rise or how far they will go.

Does this mean that you shouldn't go ahead with a plan to buy a new home in the near future? Not necessarily. It might even mean the contrary. A well-built and well-insulated house might just wind up costing you less to operate than that clunker you're complaining about now.

However, the dramatic rise in the cost of owning a home in America today does make it necessary to consider these key facts before you buy.

The old rules of thumb for knowing when you can afford a new home are obsolete. Realtors used to say you could afford a house priced at 2½ times your annual salary. But it isn't quite that simple anymore.

The cost of owning the home is just as important as the purchase price. That's the real rub, so be sure to estimate ownership costs before you buy. They may be the determining factor in your decision.

Similar homes may not have similar costs. Two homes bearing exactly the same sales price, and located within the same region, may vary dramatically in the cost of ownership.

The best way to match the probable costs of ownership against your ability to pay them is to estimate costs on a monthly basis. But you need something to compare them with—namely, the costs you're paying right now. If you know your present ownership costs, you're a rare bird. But it's relatively easy to figure them out.

Figuring current monthly costs

In addition to making your monthly mortgage payment, you regularly lay out money for maintenance and repair, heat and other utilities, real estate taxes, and hazard insurance. If you live in a condominium or a new-home development, you may have to add special homeowners' fees, such as charges for swimming pool maintenance or snow removal, to the list of monthly costs.

If you're living in your own home, and you maintain charge accounts or pay by check, you can quickly riffle through a year's records and separate them into the relevant categories:

Maintenance and repair. Upkeep costs homeowners a surprisingly large sum each month (on average). Sit down and figure it out. Do you pay anyone to mow your lawn, plant foliage, shovel snow, or clean up your property? What have you spent on tools over the past year? What about repair of storm damage?

And what of the house itself? (Here it makes sense to spread costs over several years to produce a reasonable monthly average.) When did you last pay for painting, and how much did it cost? Have there been repairs to the furnace, air conditioner, water heater, plumbing, or electrical system? Have you spent money putting in new insulation, buying storm windows, replacing gutters, or rebuilding a patio?

Because so many individual items make up the maintenance and repair category, it can be the hardest to figure accurately. But it's worth doing. Homeowners spent an average of $27 per month on this category in 1978.

Utilities. First, sort out the various components of this category. They include electricity for lights and appliances, heating, cooling (if you have air conditioning), water and sewer charges, and solid-waste pickup. Take a year's

continued

Drawing: Graphic Corp.

THE SEAGRAM'S GIN CRYSTAL MARTINI.



Fill your glass with ice cubes made from natural spring water. Add Seagram's Extra Dry Gin, the real secret behind a perfect martini. And remember, enjoy our quality in moderation.

Seagram's Extra Dry. The Perfect Martini Gin. Perfect all ways.

SEAGRAM DISTILLERS COMPANY, N.Y.C. 80 PROOF. DISTILLED DRY GIN. DISTILLED FROM GRAIN.

continued

Owning a home

total of all of these charges and divide by 12 to find the average monthly cost.

Real estate taxes. Your city or county tax bill will tell you what your tax burden was last year. If you didn't get a notice of reassessment and your tax rate hasn't been hiked, you'll pay the same amount next year. Again, divide by 12 to find the per-month cost.

Hazard insurance. Your homeowner's policy will tell you what you're paying. It's a good idea to look it over anyhow. Unless you have enough coverage to completely replace your house —at today's inflated costs—you're under-protected.

Special fees. Do you pay dues to a homeowners association, or fees to a community recreation club? Are special charges of any kind levied against the homeowners in your neighborhood? Add these fees up, then divide by 12.

When you total up the costs of these five categories, you'll have your current monthly home ownership costs. The sum will give you a rough measure of what you can afford to spend on similar costs in a new home. If you can afford to lay out more, fine. But at least you'll know where you stand.

Suppose, however, that you're renting an apartment or a house. You still pay for things that are roughly comparable to a homeowner's costs. You pay rent, which can be equated with a mortgage payment. Normally, you also pay for utilities. You may pay for a garage, too, and there may be special fees. These costs may seem smaller than those of the homeowner, and often they are. But the homeowner can deduct mortgage interest from his federal income tax, and a renter gets no such credit for rental payments.

Gathering other cost data

Now you're ready to begin gathering comparable cost data about the other homes that interest you. Once you've decided where you want to look, and the price range you think you can afford, start figuring the monthly costs for each house you look at.

The first cost you'll want to determine is the size of the monthly mortgage payment and what it includes. In many areas, taxes and insurance are collected each month along with the principal and interest on the loan.

You can probably determine the size of the mortgage payment by calling the number listed in the real estate ad. For a new development home, ask whether financing is available through the builder. The builder's salespeople will have all the facts. If, however, you're looking at an older house, you may be assuming an existing mortgage. The owner or his Realtor can tell you about mortgage costs.

In either case, with a new home or with an older one, you'll have to ask some questions to get an accurate estimate of potential ownership costs.

Maintenance and repair. The salesperson for a new home will be unable to estimate this for you. If you own a home now, go by past experience. You've already reviewed your own costs, remember? Adjust your estimate for maintenance and repair upward if the new property is larger than your present property or if you see the need for extensive improvements. Keep in mind that this item is going to cost you

continued on page 47



No fingerprints for everyone.



At Whirlpool we know how you feel about fingerprints. So we designed a refrigerator with textured steel doors that help hide fingerprints.

Now we've put the same beautiful textured steel doors on all the kinds of refrigerators we make. And we make more kinds of refrigerators than anyone.

Side-by-side. Freezer-on-the-top. Freezer-on-the-bottom. And the Serva-Door™ refrigerator, with a unique door-within-a-door. It lets you get to the foods you use most often without opening the whole refrigerator. Some models even come with a new ice dispenser that lets you get ice without opening the freezer door. Others offer ice and water through the door.

Most models have humidity sealed crispers to help keep food fresh. And porcelain enameled interiors that are especially easy to clean. Plus textured steel doors that help hide fingerprints.

We do all this because we want you to like your Whirlpool refrigerator, and us, for a long, long time.

Whirlpool
Home Appliances

Quality. Our way of life.

Introducing

the solution 100's smoke

New Camel Lights 100's!



New 100's Kings

The satisfaction of Camel Lights 100's solves the low tar/low taste problem. With an exclusive Camel rich blend specially formulated for smoother, longer length smoking. No other low tar 100 can match it for taste.

LIGHTS: 9 mg. "tar", 0.6 mg. nicotine
LIGHTS 100's: 13 mg. "tar", 1.1 mg. nicotine, av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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for

rs.




IT'S A MANNINGTON.

"It's a Mannington," says Ed McMahon. "Bar none, you can't buy an easier no-wax floor."



"One you can clean with less effort.

"One that's more stain resistant.

"Or that's so wear resistant.

"Five years ago, the people at Mannington labs developed a truly remarkable wear layer — JT88®.

"Mannington flooring with JT88 needs no redressing . . . ever . . . to restore freshness and shininess. Only an occasional buffing.

"And then early last year the Mannington people did it again — this time an incredibly effective moisture barrier, Aquabar®.

"In other words, that very pretty, colorful Mannington Duracon floor you're looking at combines the three features you want most: stain-resistance, wear-resistance and moisture-resistance.

"And at a highly affordable price.

"So, like I always say — if it's a Mannington, it has to be easy to take care of. How . . . easy . . . is it? Well, ma'am, it's so easy that no other vinyl floor product belongs in its class."

mannington
FLOORS FOR EASY LIVING

Mannington Mills, Inc., Dept. 105
P.O. Box 30, Salem, NJ 08079
Over 60 years of fine flooring.

Others by Wellco Carpet Corp.
a wholly owned subsidiary.

® Mannington Mills, Inc. © Mannington Mills, Inc. 1979

continued from page 42

Owning a home

something, whether it's $15 or $30 a month. If you're considering an older home, the present owner ought to be able to show you bills.

Utilities. This is an easy category for estimating *present* costs. The owner of the older house can quickly show you bills for heating, cooling, sewer, water, and trash collection. The salesperson for the new development home will give you estimates. Write them down and double-check them. Here's how:

For heating and cooling costs, call the customer service offices of the local utility companies. Tell them exactly where the house is, whether it's an attached or detached structure, how many bedrooms it has, what kind of furnace it has, and what kind of fuel the furnace uses. Customer service representatives can estimate the monthly costs based on these facts.

Now's the time to anticipate rising energy costs, too. Gas is in short supply, and the world price of oil is more than six times what it was in 1970.

When you call the utility companies, ask about forthcoming rate increases and what they're likely to do to the average consumer's monthly bill. Also ask whether the utility is entitled to pass along fuel cost increases. If it is, ask what that's likely to mean during the coming year. Ask what it meant during the previous year. Explore heating and cooling costs with special care. Potentially, they're the most volatile item on your costs list.

Water and sewer charges and trash collection fees are also part of the utility category. To estimate water costs, call the city or county sanitation department.

A few years ago water and sewer charges were relatively minor items. But the water shortages that have afflicted many parts of the nation are boosting these costs to record levels. Remember, too, that if you're looking at homes in different political jurisidictions, it's important to ask how the consumption rates are figured.

Real estate taxes. The salesperson for the new home will give you an estimate of your property taxes. Double-check it with the city or county tax assessor. Be sure to identify the property by address and, if possible, by lot, block, and plat book number. The salesperson should have that data.

The owner of an older home can show you his tax bill, but confirm it with the tax authorities anyhow. Taxes may be going up in the near future. Ask if they will be, and if so, by how much. To accurately forecast what any future tax rate hike might mean, ask whether the local tax rate is applied to all of the property assessment or to just part of it.

For example, in one county the tax rate might be $3.76 for each $100 of assessed value of the property. In another jurisdiction, the rate may be only $1.74. Quite a difference, you'd think. Not so. In the first example, the tax rate is applied against 50 percent of the assessed valuation; in the second, it's applied against 100 percent.

When you investigate the taxes on a home, ask whether there are any special district or area taxes, too. In some areas, homeowners pay an extra few cents per $100 of valuation for the town center, or for public parkland and recreational facilities.

Hazard insurance. This is an easy one to estimate. The owner of an older home can tell you what he's paying now. Find out, though, how much coverage he has. If it needs to be increased, or you're considering a new home, call your local insurance company. Tell the agent where the house is, how big it is, what it's selling for, and what it's made of.

Special fees. The new-home salesperson or the owner of the older home should be able to tell you about any special fees. Some may be optional, such as fees for a swimming or tennis club. To find out about any special fees, it's wise to call the local homeowners association.

Using your estimates

As you can see, estimating the cost of owning a particular home isn't very complicated; it just requires some time and determination.

Once you've figured ownership costs for your present house and for others you're considering, it's easy to make comparisons. You'll have enough data to buy wisely, too, because you'll know what that new home is likely to cost *to live in* as well as buy. ■

(Written in cooperation with Robert Denny)



Reach out.
Reach out and touch someone.

There's something really special about a grandmother's love.
It communicates. Even to the grandchild she hasn't seen.
No matter what she says, he understands. And even though he only gurgles back, his sounds have really made her day. Wonderful, isn't it, how a simple phone call can bring your family closer together.
Reach out and touch someone who's waiting to share your day.

Bell System

OOD

Play it safe with picnic foods

Enjoying good food in the great utdoors is one of the pleasures of ummertime. Here's how to make ure the food you take along is safe eat, whether you're planning a cnic in the park or an extended mping trip.

Picking picnic foods

The best food choices include eads, hard cheeses, chilled hard-oked eggs (left in the shell), canned eats and seafood, baked beans, pack-ged luncheon meats, clean fresh fruits nd vegetables, and beverages such as ices, coffee, tea, and wine. Chill erishables at home, then pack them a well-insulated cooler with ice.

If you're taking a mayonnaise- or l-based salad for a side dish or ndwiches, pack the salad ingredients parately from the dressing in your ooler. Combine at serving time.

Fried chicken, baked ham, and raw eats for grilling should be placed ightly wrapped and well chilled) in he bottom of the cooler.

Soups, stews, and chili are safe if eated to the boiling point and poured to clean, hot vacuum containers.

Custards, puddings, cream pies, and milar creamed foods should be kept t home, since they are susceptible to acterial growth.

When planning your menu, consider ow long the food will be stored before 's eaten. A good cooler, left in a shady pot, will stay cold for several hours. On an all-day excursion, replenish the e once, if necessary.

Packing tips

Use block ice in your cooler—it olds up longer than ice cubes. Or, fill lastic containers with water and reeze for take-along refrigeration. Don't use dry ice—it causes freezer urn if it touches the food or you.

Prepare vacuum bottles by rinsing hem with boiling water before using. Pour in hot liquids at the boiling point. f you're packing cold liquids, chill the lean bottles, then pour in the hilled beverage. ■

LET THE SUN SHINE THROUGH THE IRISH MIST.



There's nothing quite as pleasing as a little liquid sunshine, that delicious combination of one part Irish Mist and three parts orange juice.

Delightfully imbued with a sparkling disposition all its own, a touch of liquid sunshine brings you the legendary taste of Irish Mist shimmering through a blush of orange juice.

And, if truth be known, it's as pleasing as a rainbow anytime, anyplace, anywhere... Liquid Sunshine.

IRISH MIST. THE LEGENDARY SPIRIT.

Imported Irish Mist® Liqueur. 80 Proof. © 1979 Heublein, Inc., Hartford, Conn. U.S.A.

Beat the heat!
Build sun visors for your windows

Plan ahead so you won't get burned by summer utility bills. Here and on page 52, you'll find ways to protect south- and west-facing windows that take the brunt of summer sun. You can build these two projects right now so the glass areas of your house will be ready to withstand harsh summer rays. Besides screening out the sun, these attractive units also enhance the looks of an otherwise plain-Jane facade.



Photographic Illustrations Design: The Design Concern. Drawing: Blaser/Kimball

Glass isn't much of a buffer between you and the hot summer sun. The heat that is absorbed by your home through glass areas puts a strain on your air conditioner—and boosts utility bills.

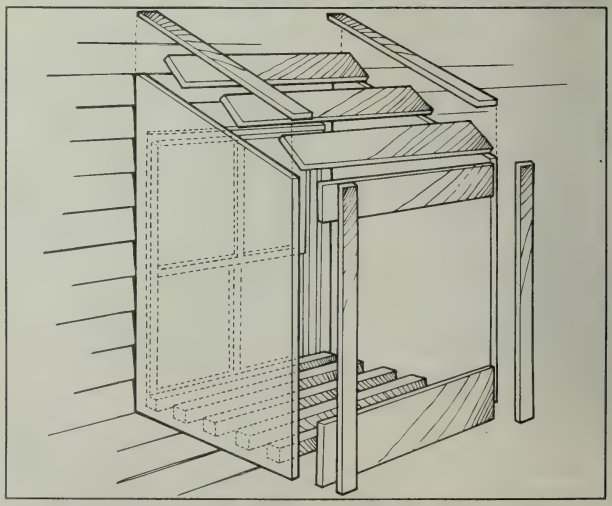
The sunshade unit, *right,* is styled like a window box bump-out, and it's clad with the same siding as the rest of the house's south facade. You can use other materials for the side panels if you prefer more contrast. But remember: To make this unit more than just a pretty appurtenance, you must angle the fixed louvers in the top of the shade so that they block the path of midday rays. Since sun angles vary with location, check with a local meteorologist to determine the highest angle of summer sun over *your* house.

Size the unit to fit your window. Our side panels were sized to reach from the top of the brick molding to about ten inches below the windowsill. We used ¾-inch exterior-grade plywood for the side panels, and redwood lumber and siding elsewhere.

Build the basic box first, using galvanized nails. The box consists of plywood sides, top and bottom header pieces, and a slatted bottom for stability and drainage. Then nail the unit to the window's brick molding.

Trim the top and front edges of the side panels with 1x2s. Apply beveled siding to the panels, then caulk the junction of the house siding and the sunshade siding. Toenail the 1x6 louvers in position (you may need several), and finish the sunshade with paint.

continued



Eastman Kodak Company 1979

WITH THE NEW KODAK COLORBURST 50 INSTANT CAMERA YOU JUST AIM, SHOOT,



Smaller than actual size.

INTRODUCING THE SIMPLEST COLORBURST CAMERA EVER- YOU NEVER HAVE TO FOCUS.

With the new motorized Colorburst 50 instant camera, it's easier than ever to rescue a smile.

Just aim and shoot. Automatically, it delivers a sharp, clear picture with durable Satinluxe™ finish.

You can frame vertically or horizontally–even have enlargements or copies made.

The new Colorburst 50 camera. Instant photography with the confidence of color by Kodak. Pick one up today where you buy your cameras and film.

THE MORE YOU TAKE, THE MORE YOU GIVE.

AND WATCH THE FEELINGS GROW.

Kodak

continued

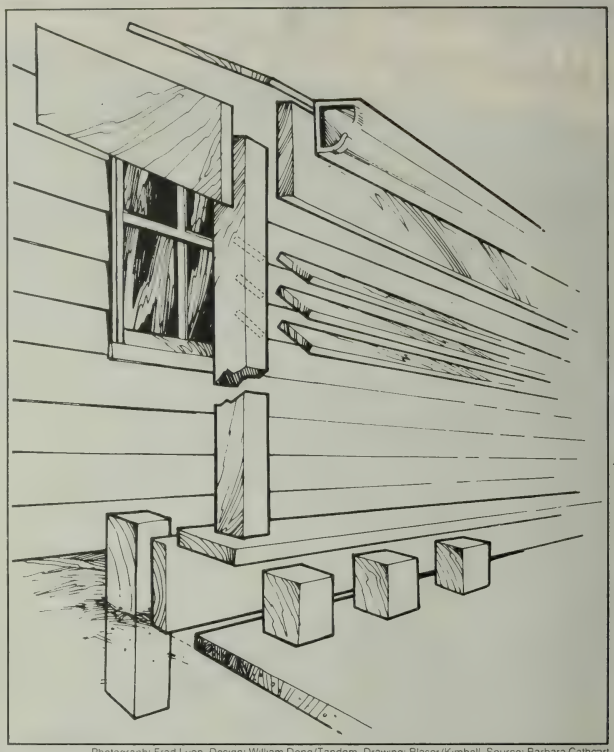
Sun visors for windows

Even when you're indoors, summer afternoons can be real scorchers. As the sun sinks in the western sky, its rays strike direct hits on west-facing glass. Then, even generous roof overhangs—like the four-foot-deep ones on this house, *below*—can't cut the baking heat that adds to air conditioning loads.

What can you do to keep your house from feeling like an oven on summer afternoons? Our louvered sunscreen is one way to shield windows from the late-day sun. The screen sections sit atop a raised-bed planter, a handsome bonus.

Build the redwood planter box of 2x12s. (Be sure to use galvanized nails so your project won't be marred by corrosion streaks later.) Use short 4x4 posts for support, and trim the planter with a 2x10 redwood cap with mitered corners.

For the redwood screen, build the fixed louvers of 1x4s and the posts of 4x4s. Set the louvers 3½ inches apart and at a 30-degree angle to provide good sun control without obscuring the view through the west-facing windows. Tie the screen to the overhang rafters with a 1x12 fascia board. ■



Photograph: Fred Lyon. Design: William Dong/Tandem. Drawing: Blaser/Kimball. Source: Barbara Cathcart



© 1978 R. J. Reynolds Tobacco Co.



19 mg. "tar", 1.3 mg. nicotine av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kelvinator.

We're always cooking up something new.

Our very newest, the Kelvinator microwave oven, truly a miracle-in-the-kitchen appliance. Easy to use, easy to clean. And the Kelvinator energy-saving power selector makes it the most energy-efficient way to cook ever. Use it on a counter top, or as a top oven (as shown) with a Kelvinator electric range.

Other Kelvinator ranges let you cook with gas or electricity—whichever you prefer. And we offer ovens you can clean, or ovens that clean up after themselves. Kelvinator also has smooth top ranges and built-in surface units or wall-oven installations, both gas and electric. A size, style and method of cooking for every need. Available in classic white or beautiful natural colors.

Take a cook's tour at your Kelvinator dealer and see them all.

55 A 55 year commitment to excellence



Kelvinator. Today as always, committed to excellence.

REFRIGERATORS • LAUNDRY EQUIPMENT • ELECTRIC & GAS RANGES • MICROWAVE OVENS • DISHWASHERS • ROOM AIR CONDITIONERS
FREEZERS • GARBAGE DISPOSERS • HUMIDIFIERS • DEHUMIDIFIERS

One of the White Consolidated Industries

WCI

Kelvinator.

Your best laundry buys. In any size!

Our 65 years in the appliance business make this year's Kelvinator washers and dryers more beautiful, durable and energy-efficient than ever.

Water level and temperature selectors let you decide just how much energy you want to save.

Dryers have flexible temperature and time controls for every fabric. And an ingenious air circulation system reduces lint and dust. What lint does accumulate gathers in an easy to reach lint trap.

Choose from our 18-pound or new 14-pound permanent installation units or handy stackable, roll-around models. In classic white and beautiful natural colors, there's a size and style to fit every need.



Kelvinator. Today as always, committed to excellence.

REFRIGERATORS • LAUNDRY EQUIPMENT • ELECTRIC & GAS RANGES • MICROWAVE OVENS • DISHWASHERS • ROOM AIR CONDITIONERS
FREEZERS • GARBAGE DISPOSERS • HUMIDIFIERS • DEHUMIDIFIERS

One of the White Consolidated Industries

Shopping for window hardware

Behind the scenes or on display, window hardware makes a big difference in how your curtains and draperies look. That's why it's important to choose sturdy and workable hardware that's suited to your particular window treatment.

Although there are only a few basic types of window hardware, you'll find dozens of variations within each type. One wholesale catalog, for example, lists over 1,200 different items.

Here is some information to help you select the rods, poles, brackets, rings, hooks, and tiebacks that will give your curtain installation a professional look.



Where to buy

You'll find a large selection of hardware at workrooms that specialize in custom draperies and installations. Department and specialty stores have display racks with dozens of items from which to choose. Discount stores also offer good budget-priced hardware, although your choices will most likely be limited to basic types.

Prices for simple curtain rods start below one dollar at the discount stores. Heavier duty rods are $10 and up.

The lowest priced traverse rod will be around $2, but a good quality one will cost from $10 to $20, depending on the size. If you want extra features, such as a one-way draw, you may have to pay $35 or more.

Decorative rods and poles may be budget- or luxury-priced. An elegant Oriental-style pole, single-window size, may cost you almost $85. However, the cost of cafe rods ranges from less than one dollar to more than eight dollars for single-window sizes.

Installation tips

If you are making curtains yourself, mount the drapery rods before taking the measurements. The opposite is true for ready-mades; buy the curtains first. Ready-mades come in standard sizes, and minor adjustment to the height or width of the rod may be necessary.

Types of rods

Basic rod types are: simple curtain rods, decorative rods and poles, tra-

continued

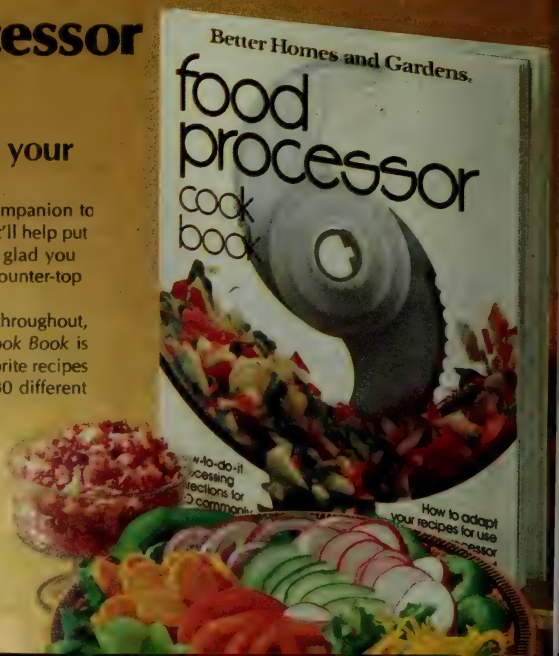
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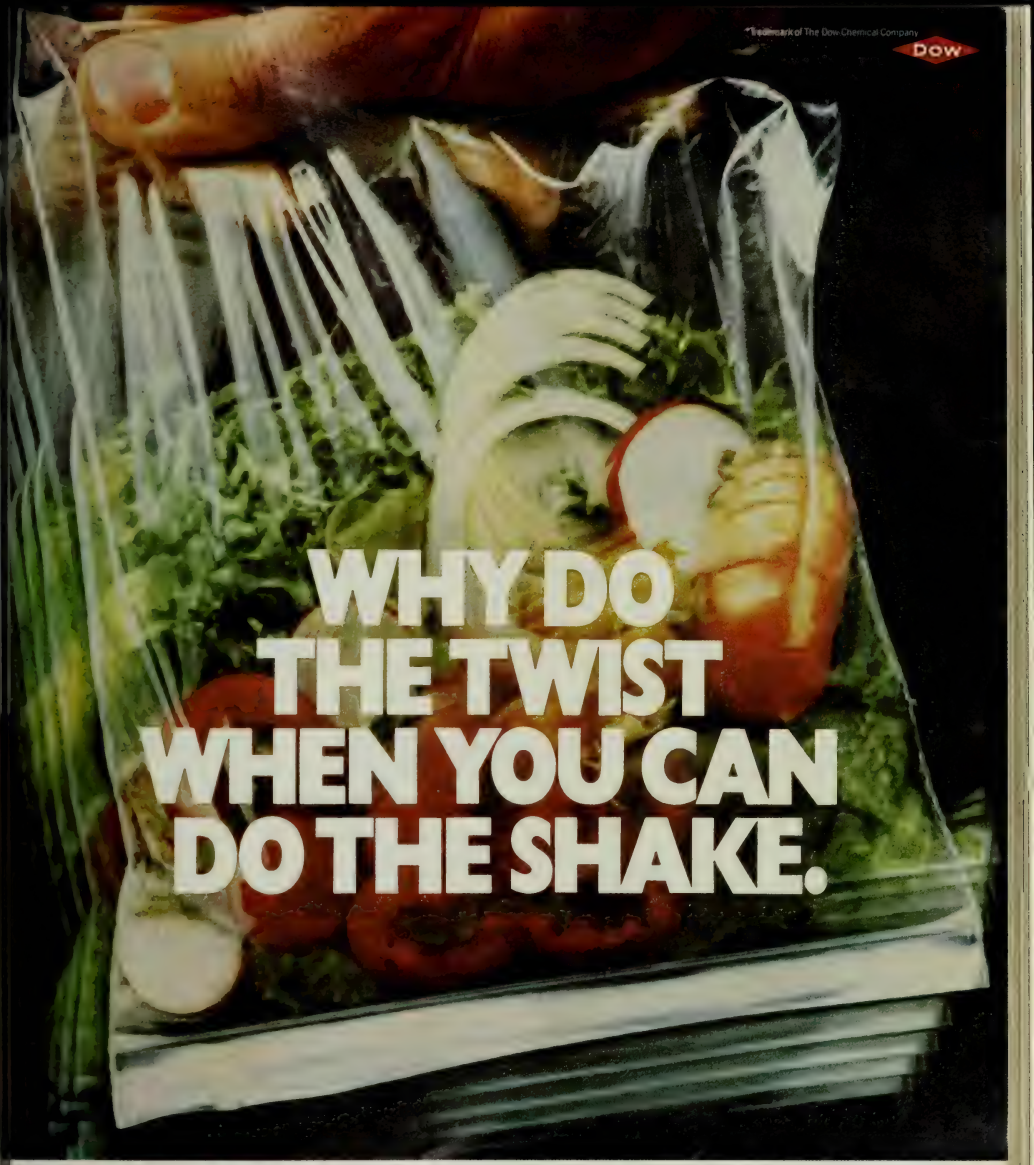
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continued

Window hardware

verse rods, and rods for odd-size openings, such as French doors, bays, and arched windows.

Curtain rods are probably the most popular type. Most are slim, straight extension rods. One rod fits into a matching twin section. The rods are used mainly for glass curtains, but some are sturdy enough to hold heavier drapery fabrics.

Decorative rods and poles may be of metal or real wood. Some are painted, some stained to resemble various woods or pewter, and some are even wrapped in fabric. The latter type is a custom order, available through interior design studios and specialty stores. (Or you can sew your own fabric cover.)

Metal rods are adjustable, but the wooden ones must be ordered in the proper length.

Curtains are hung from rings looped over the poles. Both rod and rings are meant to be seen. The poles hold stationary curtains that are opened by hand.

Sizes range from brass rods that are three-fourths of an inch in diameter for cafe curtains to fat, decorative wooden poles a couple of inches in diameter for heavy draperies.

When determining the length of decorative rods, be sure to allow for the finials which extend beyond the window frames.

If you don't use decorative rods, you may want to cover the hardware with a fabric valance or with a cornice board.

Traverse rods automatically open and close curtains when a cord is pulled, or when the traverse mechanism is activated by a wand that you twist in your hand. Both cord and wand are concealed by the drapery fabric. There's also an electrically powered version with a low-voltage motor that works at the touch of a button.

Draperies hang from a track, which may have a two-way draw (with the panels being pulled from each side to close in the center) or with a one-way draw (just one panel moves). Both panels may be moved to the same side, if you wish.

Traverse equipment is also available with a combination traverse and

continued







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continued

Window hardware

stationary rod, so you can use a valance or glass curtains with your draw draperies.

There are several different qualities of traverse rods, and in general, the more you pay, the stronger the rod. The best quality ones are made of thicker than usual metal, with larger cross sections. The rods usually have larger pulley wheels to make cord pulling easier, and stronger overlaps, brackets, and center supports to prevent the rods from drooping under heavy weights.

Decorative poles also have traverse mechanisms fixed inside the poles for easy manipulation.

Decorative traverse rods are best mounted on the wall, about one inch above the window frame and about four inches above the glass so that only the draperies, not the hardware, can be seen from the outside.

For a full view of the window, allow sufficient room, or "stackback" space, for the bunched-up drapery panels at the sides of the windows. Most dealers will have a stackback chart to help you estimate how much wall space you need for different widths of windows and for various fabrics. If you cannot locate a stackback chart, one rule of thumb is to take the width of the glass, divide by three, and add 12 inches for the total stacking area. Divide this figure in half to find the distance on each side of the glass to place the brackets for traverse rods.

You can find rods to fit into *bays* or to curve into *arched window tops.* The rods may be all-in-one units with both a valance rod and a traverse rod behind it.

For *corner windows,* there are right-angled rods that can be cut to fit. These may be traverse rods, with the draw draperies working together or separately, or stationary rods.

For *swinging casement windows* and *French doors,* there are drapery extenders and cranes that are mounted to the wall beside the window or door at one end. A hinged bracket lets the free end swing out.

Extender rods also are available for almost all types of hardware. The rod can be mounted on the window frame,

continued

Just about everything that grows in your yard is going to look better when it's fed. And you don't have to know much about your trees, shrubs and flowers to do it right. You don't have to know much about fertilizers, either.

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Take flowers like marigolds and geraniums. The right fertilizer will give them the nitrogen, potassium and phosphorus they need to get you more blooms and brighter color. Ordinary soil by itself just can't come up with the nutrition to do this. It needs some help.

Here is where some people make it complicated. They tell you you have to use one thing for annuals, another for perennials and something else for roses. But that just isn't so.

Here at Scotts in Marysville, Ohio, we make one fertilizer you can use on all your flowers. And that includes seeds, seedlings and full-grown perennials. We simply call it Grow Flowers.

You don't have to use this fertilizer as often as some other brands.

While most fertilizers are made to release their nitrogen right away, we make ours to release its nitrogen slowly. Your flowers get a good feeding to start off with, then a little more week after week. This longer feeding is what helps give you more blooms on your plants and brighter color too. (You look better when you eat regularly. And so do your flowers.)

As you can see from the boxes below, we also have some simple ways to take care of your shrubs and trees, acid-loving plants and transplants. The nutritional ingredients in each of these are in correct proportion to their use. (Flowers need more of one thing, trees more of another.)

They're all safe to use if you just do what it says on the package. Like every fertilizer we make, each one has our special slow-release formula for a balanced, prolonged feeding and slow even growth.

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You'll find our guarantee right there on every box. It says, "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."

We made that simple too.





traverse rods. Be sure to use the right hook for your drapery heading and for the rod.

Pin-on hooks are probably the easiest to use, but the hooks that slip into an open heading (where the heading is not attached to the fabric along the lower edge) will hold fabric more precisely in place. Whether you use pin-on, sew-on, or slip-on hooks, be sure they are heavy enough for the weight of your fabric. The heading should not lean forward. Hooks designed for use with pleater tape have prongs that help form the pleats.

If draperies are hung on a pole with rings, the drapery heading should be level with the bottom of the rod.

Most decorative poles come with rings, but cafe rods do not. Rings should have an inside diameter at least one-fourth inch larger than the diameter of the cafe rod.

There are clip-on rings that attach directly to the material without hooks or sewing.

Manufacturers of pleater tapes have improved their products in recent years. You can have crisp, perfect pleats simply by using one of the many types of pleater tapes. With a choice of multi-pocket, scalloped, regular, or shirring tape, you can create whatever type of heading you want to make a firm foundation for the hooks. Lining tape also will help make a stiff and firm heading.

While you're shopping for hardware, take a look at the array of decorative tiebacks and holdbacks. Some are patterned like a peacock tail, and are just as colorful. Others have simple designs worked in wood tones, chrome, brass, crystal, gold-leafed wood, or colored finishes. ■

continued

Window hardware

with sections extending at each side. This allows you to cover a portion of the wall without mounting wall brackets.

Special hardware is also available for fluffy Austrian shades, Roman shades, and accordion-pleated shades, as well as for almost any type of roller shades.

Installation hardware

As a rule, the appropriate hardware for installing a drapery rod is packaged with the rod. If the brackets do not come with the rod, check before you buy to be sure you select ones that fit.

There are dozens of different types and sizes of brackets. With some, you simply hook the rod in place or slip it into a groove. With others, the bracket socket unscrews so a solid rod can be attached.

Some brackets may be mounted inside the window; others are designed for ceiling installation or for mounting on top of the window frame.

If a curtain rod is long or heavy, you will need to provide extra support to prevent its sagging in the middle. Support hooks are available for both single and double rods.

If you are using one support hook, place it at the center of the rod. To support the weight of stacked draperies in a wide window, space two or more hooks almost equally across the rod, but more toward the brackets.

There are special drapery hooks designed for use with





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From carport to greenhouse

This carport conversion grew out of a houseplant hobby. Since the carport was just a storage catchall, the owners decided to use the space to house their plants.





Photographs: E. Alan McGee. Design: Jerry Nadler. Builder: Joe Troop. Source: Ruth Grenci

The new greenhouse is 18½x24½ feet—the same size as the carport—plus an extra four feet bumped out for plants (*above*). Two sides of the greenhouse are exterior walls of the house; the other two were simply glassed in. The roof is the original carport roof.

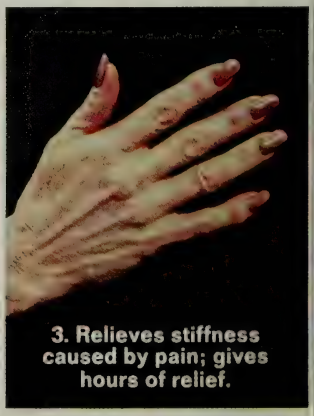
Inside (*above*) there's plenty of room for a profusion of plants. They're planted in beds that drain directly to the ground; the rest of the floor area is covered with white ceramic tile. The greenhouse has no separate heating system, but the tile absorbs heat from the sun and warms the greenhouse. An air conditioner and ceiling fan cool and circulate air on humid summer days. (Adjustable window blinds can be closed when necessary.) A sliding glass door in the dining room provides access to the greenhouse. ■

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If Solarcool can tame air-conditioning costs where it's hot, think what it can do for the home you're going to build or buy. Why not write for a free copy of our Solarcool idea book: "Best Glass Under the Sun." PPG Industries, Inc., Dept. BHG-169, One Gateway Center, Pittsburgh, Pa. 15222.

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Taro, from Japan, seems to be having a bad time with his traditional fighting kite. If only his little puppy would leave that tangled kite string alone!



Here's Diodu from Nigeria, carrying water jar just as carefully as her m taught her (although she nearly dropp when she heard that froggy croak abov

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An engaging little troupe of youngsters from around the world—
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The first six U.N. Children are making their bow in 1979–the International Year of the Child. Orders will be accepted only until the end of this year. Collect them all–or just choose your favorites.

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So, when we set out to mark the International Year of the Child—1979—in a special way, we were charmed by the idea of issuing our own series of porce figurines showing children from all over the world.

And here they are—*The U.N. Children*. The firs in the series, each representing a different cou Each in a situation likely to get a grin from even sternest of diplomats. Each one individually h painted. And each bearing our family initials—U.N tucked away somewhere...where you may e have to hunt for them.

Children like these have always been a favorite ject for artists, especially when a touch of hum called for. And—especially in the form of porc figures—they're favorites with collectors, too.



re's Juan from Mexico, taking his pet
ter for a walk on its red string leash. It's
to say who looks prouder as they strut
g—Juan or his curious pet!



Yvette, from France, is taking home the baker's freshest, crispest loaves—so good to eat. It's as well she hasn't far to go:—there'd be none left for the family.



Ann, from England, has won a prize at the Pony Club show; she's rewarding her pony with carrots. But there's a little rabbit just behind who's taking a bite first . . .

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o the time to start collecting *The U.N. Children* is
v. At just $40 each, and hand-painted in charming
ors, you'll find them hard to resist. And, if you de-
e to collect all six, you'll save a full $5 on each fig-
. That's a total of $30 on the set, almost the full price of
e figure!

You need only pay for the first figure now. The others
l be billed to you, when they are ready to be sent to
u, at the rate of one a month. Distribution of the
ures will be handled by Franklin Porcelain,
o are supervising the creation of all the figures,
ich are being made especially for us in Japan.

n years to come, the 1979 *U.N. Children* will be joined
other little brothers and sisters. It could well become a
ole new collecting tradition. But orders for the first
—issued to mark the International Year of the Child,
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ure—may be accepted only during 1979. (In tes-
ony of this fact, you will receive with your figures a
ecial Certificate of Authenticity.)

Since each figure takes a considerable time to craft and
nd-paint, you are asked to fill out and return the order
m at right by June 30, 1979. But why wait any longer?
vite them into your home right now. You'll find they're
ong the nicest guests you've ever had!

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THE U.N. CHILDREN 1979

Please mail by June 30, 1979.

United Nations
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Please enter my order for *The U.N. Children* as follows (check one):

☐ The complete set of six 1979 *U.N. Children*, at the special price of $35.* each.

☐ Individual *U.N. Children*, at $40.* each, as indicated below:

☐ Sven from Norway ☐ Taro from Japan ☐ Diodu from Nigeria
☐ Juan from Mexico ☐ Yvette from France ☐ Ann from England

Figures will be shipped at the rate of one a month.
I prefer to pay as follows:

☐ DIRECTLY. I enclose my full payment for the first figure. Bill me for the same amount when each subsequent figure is ready for shipment.

☐ BY CREDIT CARD. Bill me, after shipment of each figure, by charging the full price to my:

☐ Master Charge ☐ VISA *Plus my state sales tax.

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By Alvin Tresselt, Dean of Faculty

If you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin — to break into print — to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching (and 53 books) I can tell you this: you'll go a long way before you find anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that young people 'really dig' is an experience you'll never have anywhere else. (In this age of boob tube illiteracy, convenient morality, and plastic values, *do you know of a more important audience?*)

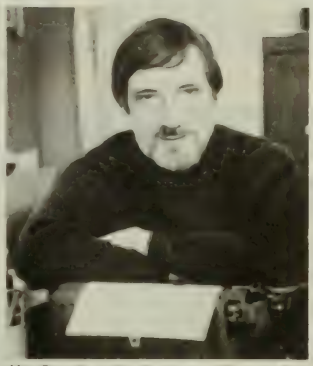
But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. Between 2,000 and 2,500 new titles appear annually and new authors account for as many as half of them.

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Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.



Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and has served on the board of the Author's Guild. His 53 books for young readers have sold over two million copies.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into the Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own children's books I spend my time at The Institute of Children's Literature, a workshop for writers that does only one thing and does it better than any other school or college or university I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors — all of whom are experienced writers or editors — work more or less the same way.

When you're ready — at your own time and your own pace — you send your assignment to me and I read it and reread it to get everything out of it you've put into it. Then I edit your assignment with a red pencil just the way a publishing house editor would — if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull. You push and I pull and between us both, you learn to write.

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This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many of our students break into print even before they finish the Course.

Kathleen Huber, N.Y., N.Y., writes: "Regarding my sale to *Highlights for Children* for $125, it started out as an assignment for the Institute, and *Highlights* was only the second magazine I had sent it to. Certainly your Course made this sale possible. It may be the best investment I ever made."

A.M. Hummel, Danville, Pa., writes "When *Highlights for Children* accepted my short story — Assignment #8 in the Course, and sent me a $65 check, I could hardly believe it! Then, within a week, I got another check and a go-ahead assignment for a second piece."

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GOOD NEWS

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With this book-size screen you don't have to lug out and set up a bulky stand and screen to view slides or movies. You simply remove the screen from its box, unfold the screen, and place a projector alongside. The image bounces off a mirror into the rear of the eight-by-ten-inch screen, so you can view pictures clearly in a lighted room.

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Neat pleater



Even if you're an inexperienced seamstress, you should be able to sew triple pleats in draperies like a pro with this drapery heading stiffener. Just sew the stiffener in place, fold the fabric, and tack and sew pleats following the markings. Your finished panels don't require expensive special pleater hooks for hanging.

Custom Pleats, about 50 cents per yard. Kirsch Co., Dept. B, Sturgis, Mich. 49091.

Auto fuel saver

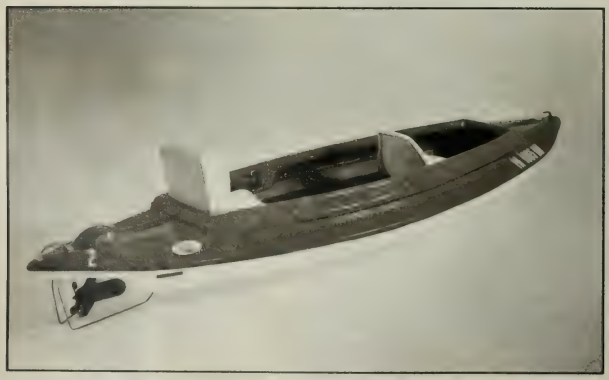


Photographs: William Hopkins

Test results show this little device installed on your car's air conditioner compressor can improve fuel economy by up to nine percent when the air conditioner is running. The vacuum-operated switch shuts down the compressor while you accelerate, then starts it again while you cruise, with no noticeable loss of cooling.

Passmaster, about $12. Sears, Roebuck and Co., Dept. 628, Sears Tower, Chicago, Ill. 60684.

Electric fun craft



This 12-foot electric pirogue, a canoe-type boat, is safe and fun for the whole family. Even children can operate the quiet, built-in trolling motor. It has switches for three forward speeds and reverse and a steering knob that moves back and forth. You can haul the 85-pound fiber glass boat atop almost any car; the seats are removable for transporting. A charged 12-volt battery will power the craft four to eight hours, depending on speed, so you can use the boat all day for pleasure cruising, fishing, or hunting on any relatively smooth body of water.

Electric Feather, about $585 (includes one padded and one molded seat, snap-on vinyl cover, and grass carpet mat). Fin & Feather Mfg. Co., P.O. Box 2085, Marshall, Tex. 75670.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

continued

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More. For that extra measure of satisfaction.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.

GOOD NEWS

Snap-in grid storage system



Have you balked at converting a kitchen wall to the popular open storage look because of the time and money it would take? Do you need extra storage for a child's room, utility closet, pantry, or workshop? This simple and attractive system probably will adapt to your wishes and needs. You attach the steel-plated heavy wire grids to the wall horizontally or vertically by snapping them each into four plastic holders mounted to the wall. Grids snap out of the holders for easy cleaning. Removable hooks hold items to the grids. Or, you can suspend grids from the kitchen ceiling with long hooks to hang pots and pans above a stove or work surface. You also may hang matching storage containers to a grid or place them on a nearby counter. Shown here is the utensil or tool rack; also offered are a spice shelf and a large bin for pan lids, vegetables, paper goods, etc.

Copco Grid Works: 15x30-inch grid (with hooks), about $17; utensil rack, about $14; spice shelf, about $10; bin, about $18; 3-inch hooks, 6 in package, about $2; 12-inch hooks, 4 in package, about $3. Copco, Inc., 11 E. 26th St., N.Y., N.Y. 10010.

SHOUT PRESENTS The FAMILY CIRCUS



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Greasy oil stain? Shout it out! Shout saturates, really penetrates tough stains. In the wash, Shout helps get out even grease and oil stains on Daddy's work clothes. In fact, Shout saturates and penetrates so well, it's almost like spraying both sides of the stain at the same time.

Want a tough stain out? Shout it out!

©1979 S.C. Johnson & Son, Inc.

Stain over paint?





"I was a tough nut to crack, but they convinced me."

Since 1940, Roy Hertel had always used paint on his house. So, when we asked if we could stain it, he was a little skeptical.

"My wife said, 'I don't think we should get into this,' but Olympic assured me they'd paint it back to white if we didn't like it.

"It turned out beautiful. We love it and so do the neighbors.

"Our house was nice before, now it's distinctive."

Thank you, Mr. Hertel.

Olympic Latex Stain covers paint with rich, mellow color, cleans up in water and lasts for years.

See all 30 colors at your Olympic Dealer. He's in the Yellow Pages.

Have you ever used Olympic Latex Stain over paint? Tell us about it: Olympic, Dept. C, P.O. Box 1497, Bellevue, WA 98009.





OLYMPIC LATEX STAIN.



Tight money tactics: How to finance a home sale

Suppose you must move, and you want to sell your home quickly. There's a buyer eager to close the deal—but only if he can take on your mortgage at its present rate. Should you let him assume the mortgage? Can you let him?

Suppose, instead, that you have a buyer lined up, then negotiations fall apart because he can't get mortgage financing at all, or cannot come up with the down payment lenders are demanding. Is there any way you can help get the deal off the ground?

It's not always easy to find financing in these days of high interest and tight money—especially in states that set a ceiling on mortgage rates. Still, you may be able to expedite the sale through means other than the traditional new-mortgage approach. Proceed with caution, though. Here's what to consider.

Should you let the buyer take over your mortgage?

That may not be the wisest course, even though the arrangement could speed up the sale.

From the buyer's viewpoint, taking over your mortgage could offer several advantages: Your loan may carry a lower interest rate than those being charged today. Mortgage assumptions can cut through paperwork. And, they may hold down closing costs.

But from your viewpoint, a mortgage assumption could cause serious problems. Most importantly, you may be held liable for the debt if the buyer defaults on the loan—even if you signed over the house to him outright and collected cash for the deal. That's true with a private assumption deal between seller and buyer, where you both would be held liable. And it's true on an assumption "subject to a mortgage," which means you alone are liable until the buyer is able to obtain his own mortgage from a lender.

The only way to protect yourself completely is to get a *novation* from your lender—a written document releasing you totally from your obligation. Your lawyer—not the one who represents the lender or the buyer—should obtain that release for you. (Surprisingly, many people don't even advise their lender of an assumption deal. As a result they remain obligated for the loan.)

The problem is, your lender may refuse to give you a novation at all. (Current high interest rates are the culprit; lenders would prefer to write new loans at today's rates rather than carry old loans at lower rates.) A lender's right to refuse the deal is not altogether clear in many states, however, so you may have some recourse. Here's what's happening.

Since the early 1970s, most new conventional mortgages (not FHA- and VA-insured ones) have contained an "acceleration" clause or a "due on sale" clause that says that the lender has the right to "accelerate" the loan and receive the entire balance when title to the property is transferred. The lender will allow assumption of your mortgage only if he approves the creditworthiness of the new owner *and* the interest rate of the mortgage that the buyer is assuming.

In other words, the lender may demand full payment "due on sale" unless the new buyer agrees to assume the mortgage at a higher rate of interest. Effectively, that kills the sales appeal of the lower rate on your mortgage for the prospective buyer.

If your mortgage does not include such a clause—and many mortgages do not, especially those written prior to the early 1970s—your lender has little recourse other than to allow the assumption once the buyer has been proved creditworthy. State laws vary, but if the lender in such a situation delays or denies the deal, bring a good real estate lawyer in as soon as possible.

You may have a chance even with a newer mortgage, since there is considerable controversy about the way many lenders are exercising the "due on sale" clause. In fact, litigation is under way in about 20 states, and several legislatures are working on new laws to clarify the situation.

Until the rules are clear in your state, about all you can do is to ask your lender to advise you *in writing* exactly what his stance will be should you want a buyer to assume your mortgage. If the proposal does not look good, bring in a lawyer or real estate broker who knows the fine points of local real estate law and practices and may be able to challenge the lender's position effectively in your favor.

continued on page 79

Drawing: Hellman Design Assoc.

It tastes like real peppermint. Naturally. Because it's Leroux.



You'll taste the crisp cool flavor of fresh mint in every sip of Leroux Peppermint Schnapps. That's because only the best mint is good enough for Leroux. Only the finest of natural flavors and true fruit ingredients go into Leroux International Liqueurs. Once you've tasted Leroux, no other liqueurs will do.

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How electricity affected five generations of Americans #2

In 1908, the electric elevator was up and coming. The Franklin family got on for a ride.

The world was changing early in the century, and the kids were taking to it beautifully. John, Jr., youngest of the second generation of Franklins, had come home in a shiny new uniform. He had landed a great job—running the electric elevators in a big downtown department store.

The family had been planning to go for a ride in John, Jr.'s elevator car for weeks, and now they were there. They'd dressed in their finest and had taken the electrified trolley downtown. Johnny was a little embarrassed by all the fuss, but he was also very proud. Lots of people came to the store just to ride the elevator.

Electricity changed the shape of the world.

We take elevators for granted now. The tall buildings they make possible are symbols of modern civilization. And it is electricity that made elevators fast and versatile enough to be practical. Even back then, when an elevator was a novelty, the electric companies were there meeting the demand.

Over the years electricity has become more and more important in the way we live and the work we do. For five generations we've been inventing and planning and building things that use electricity, always with confidence that the electric companies would make the power we need.

Demand for electricity continues to grow.

Everyone knows we need to conserve power, and we will. But our country needs jobs and growth. So the demand for electricity will keep on growing into the future, along with families and work and dreams.

Our future will hold such things as high speed electric transportation systems. And we'll manufacture electricity from new sources of energy, such as liquefied coal and fusion.

The electric companies are working on new sources of energy while they steadily produce with the old. Making electricity takes a lot of work—always has and always will.



Electricity is America's manufactured resource.

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3 mg. "tar," 0.4 mg. nicotine av. per cigarette by FTC Method.

begins on page 74

Finance a home sale

What if the buyer doesn't have enough cash?

Even if the mortgage assumption goes through, the buyer may not be able to pay the difference between the mortgage and the amount you want for the house. Say your price is $65,000. You have paid your mortgage down to $35,000. If the buyer takes over the $35,000 debt, he still owes you $30,000. That's a lot heftier than the typical 20-percent down payment ($13,000 in this case) that mortgage lenders might require in today's marketplace.

What can you do if the buyer can't find $30,000 from other sources? If you don't need to get all your equity out of the home right away—say to use as a down payment on another house—it might make sense to lend the buyer some of the cash yourself.

One way to help would be to arrange a *second mortgage* with the buyer—a "purchase money" deal, in real estate jargon. (See *Better Homes and Gardens*, March, 1979.) You would agree to accept part of the $30,000 down payment in cash; the rest would be repaid as a loan that gives you a lien against the house in case of default.

(Note: Requiring some down payment is important, not only to bring you ready cash, but also to establish a real stake in the home for the buyer. With cash invested in addition to his monthly payments, he's less likely to abandon the deal if things get tough.)

You could make some money on a second mortgage arrangement, since such deals generally carry higher rates than first mortgages (where state laws permit). There also may be tax advantages to stretching out some of your return.

But a second mortgage "wrap-around" deal ("wrapped around" the first mortgage) means the buyer will face stiff monthly costs for quite a while. And there's the catch: The first mortgage lender has prior lien on the house. If the buyer defaults on that loan, the lender may move to take over and sell the house to protect his investment. There might not be much left over for you once the matter is settled. (You can protect yourself from that possibility in advance by including a clause in the second mortgage that allows you to take over payments if there is default on the first mortgage.) Even if the buyer defaults just on your loan, you could end up with the house on your hands, with payments due from you to the first mortgage holder once again.

Remember, too, that you are not really free of the house until the second mortgage is paid off. You may not want the matter hanging over your head for a number of years.

As with any private arrangement of this sort, much depends upon your evaluation of the person you're dealing with. Be very sure of the buyer's financial capability and credit history. Also be sure to have papers drawn up by a lawyer (or other expert, where state laws allow) who specializes in real estate matters.

Are there any alternatives?

You might arrange an installment loan, called a "contract for deed," directly between you and the buyer. You can set one up for the entire deal; or, you can use this approach as an alternative to a second mortgage to cover the difference between an assumed mortgage and your price for the house. In either case, a cash down payment is desirable to tie the purchase more closely into the deal.

With a contract for deed, you do not give up title to the house, as you would with a mortgage or second mortgage. Instead, you retain title, continue payments to your mortgage lender, and receive monthly installments from the purchaser. So long as he pays you, the buyer lives in the house and takes responsibility for it as though he owned it outright—including paying real estate taxes and other assessments. You turn over the deed when the loan is paid off (and, presumably, you've finished paying off your own mortgage).

Sometimes a "balloon payment" for the balance of the loan is set for several years later. That way, monthly payments can be held to a lower level for the buyer while you have a steady income with a large sum of money

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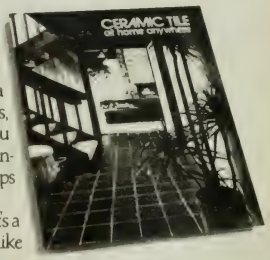
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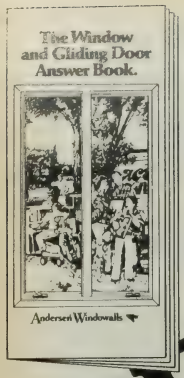


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continued

Finance a home sale

coming due later at a time you might need it—retirement, for example.

There can be several advantages to a contract for deed arrangement:

- It could make the sale of your home possible when otherwise it might be delayed.
- You still own the house and can repossess in case of default. In the meantime, you've pocketed the down payment and monthly installment loan checks. (Generally, until more than 50 percent of the loan has been repaid, the seller can take back the house with minimum legal hassle; after the 50-percent mark, the buyer usually is better protected. You may then have to go through more complicated legal procedures to repossess. State laws vary on this issue.)
- The deal can be simpler and less costly than a mortgage transfer.
- All terms are negotiable, within the limits of specific state laws. You can set the rates, time for repayment, and other details to best fit both your needs and the buyer's.
- Contract-for-deed interest rates generally are higher than mortgage rates. You could pocket extra income that way while you're paying the installments on your original loan.
- Your gain is spread out over several years—possibly to your tax advantage.

What are the problems? For one thing, unless you can get a large down payment, you won't be realizing much cash out of the house right away.

Furthermore, you are tied to the deal for the lifetime of the contract. You must go after the buyer for the payments—especially difficult if you have moved from the area. You also must bear the responsibility of deciding to dispossess the buyer and his family if the default becomes serious. (Similar considerations occur with a second mortgage arrangement.)

Then there is the risk that the buyer will let the property deteriorate, lessening its value as security for your loan.

The success of a contract for deed depends, by and large, upon the good faith and responsibility of both participants. Be sure you know your buyer. And be sure to have all papers drawn up by the proper legal authorities.

What if you're the buyer?

If you're the one who is taking on the financial obligation of buying the home, keep these cautions in mind:

- When you assume the first mortgage and there is a second mortgage or contract for deed for the difference, make sure you can handle both monthly payments out of your regular cash flow.
- Be certain you understand all your risks in a second mortgage or contract for deed setup. If you default on the agreement, you can lose not only the house, but also all the money you have paid in so far.
- Be aware of what a balloon contract implies. You will probably be able to get financing at the time that final big hunk of the loan is due, since a lender will know you'll be taking title to the house. But there is always a risk of tight money or other problems just when you need to pay off the balloon amount.
- Don't hesitate to challenge the lender's attempt to delay an assumption or renegotiate the mortgage interest rate. Get an expert involved who knows local practice and law.
- With any direct deal between you and the seller, evaluate the other person thoroughly. Will he keep up his payment to the first mortgage holder, for example? If not, what is your legal position? Is the seller likely to move rapidly if you fall behind on payments? (Lenders can afford to wait and often will help by working out a special deal for a while; individuals may or may not be that flexible.)
- Make sure your contract for deed is officially recorded with the proper authorities; otherwise, an unscrupulous owner could sell the house a second time to someone else who has no knowledge of your deal. The costs for recording the sale properly are minor, compared to the protection and peace of mind you gain.
- Be certain to have a real estate expert look out for your interests—and check all papers before you sign. In some states, real estate brokers are limited in how much of the legal work they can execute; a lawyer should be involved to complete the transaction when necessary. ■

Dad always enjoyed your letters.
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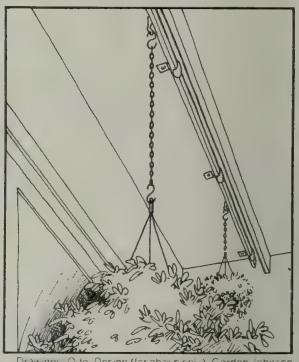
Three hangups for plants

Bend a tapered 1x2 into a graceful, simple plant hanger, *right*. Cut the wood with the grain, then bend by steaming or boiling. While the wood is still wet and hot, place it in an eaves spout or a brace form. Leave it there until dry, and it will retain the curve. Cut a notch at the top to hold the plant hanger. Screw it securely to the wall.





Plants form an airy divider when hung from a simple frame, *above*. This idea works well for areas where you want to divide space without completely shutting out light from nearby windows. At the top of the frame, install a sturdy dowel, as shown, or hooks from which to suspend plants.



Drawings: Ode Design (for above only), Gordon Johnson

A drapery-rod ceiling track turns hanging plants into rolling stock, *above*. Simply slip a hook into the plastic fitting and move each plant along the track, in and out of the sun as desired. A ½x4-inch painted baffle mounted to the ceiling with brackets hides the track unless you're right under it. To create more interest, hang plants at varying levels by using chains of different lengths. ■



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4 large carrots
½ cup apricot preserves
½ of an 8-oz. tomato sauce
¼ cup packed brown sugar
¼ cup dry red wine
2 tbsp. lemon juice
2 tbsp. cooking oil
1 tsp. onion juice
1½ lbs. lean boneless pork
Fresh pineapple chunks

Cut carrots into 1-inch pieces. In small saucepan cook, covered, in small amount boiling salted water for 15 to 20 minutes; drain. In saucepan combine apricot preserves, tomato sauce, brown sugar, wine, lemon juice, oil, and onion juice. Cook, uncovered, 10 to 15 minutes; stir occasionally. Cut pork into 1-inch cubes.

Thread pork, carrots and pineapple chunks on six skewers; season with salt and pepper. Grill over *medium* coals about 10 minutes; turn frequently. Brush with sauce; grill till done, about 5 minutes more. Makes 6 servings.



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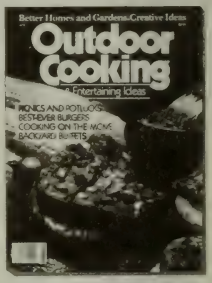
NEW IDEAS

EXCITING NEW IDEAS FOR OLD-FASHIONED HOMES



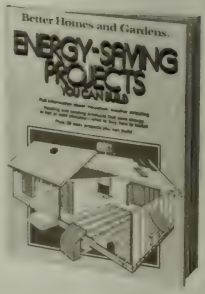
Whether you live in a new "old" home or in an actual 19th Century house, you'll enjoy the decorating and remodeling ideas in *Country Home and Kitchen Ideas/1979*, a new Idea Publication from Better Homes and Gardens. You'll find hundreds of ways to achieve that country mood and feel, full of openness, informality and collectibles. The editors begin with ideas for new "old" houses including New England homes, Southern Colonials, Dutch Colonials and other traditionals; and follow up with ideas for revitalizing and refurbishing genuine old homes in true country style. Kitchens are emphasized, featuring open beams, hanging herbs, pots, pans and crocks, along with all the latest in country accessories. Pick up *County Home and Kitchen Ideas/1979* at your newsstand now.

RECIPES AND PARTY IDEAS FOR EATING OUTDOORS



This colorful new Idea Publication from Better Homes and Gardens, *Outdoor Cooking and Entertaining Ideas/1979*, is jam-packed with summertime foods for every occasion, plus party ideas for making those occasions a little more special. You'll discover ways to have fun, yet make it easy on yourself, with fix-ahead cold buffets or pitch-in neighborhood gatherings. Also featured are delightful pack-and-go eating ideas for picnics, outings, bicycling or camping. And, of course, you'll also find dozens of recipes for barbecuing steaks, ribs, kabobs, burgers, pork and poultry, along with a variety of sauces and marinades. A special 8-page tear-out-and-save section includes buymanship tips for everything from brazier grills and hibachis to gas and electric grills, as well as cooking basics and helpful tips. Look for *Outdoor Cooking and Entertaining Ideas/1979*, at your newsstand now.

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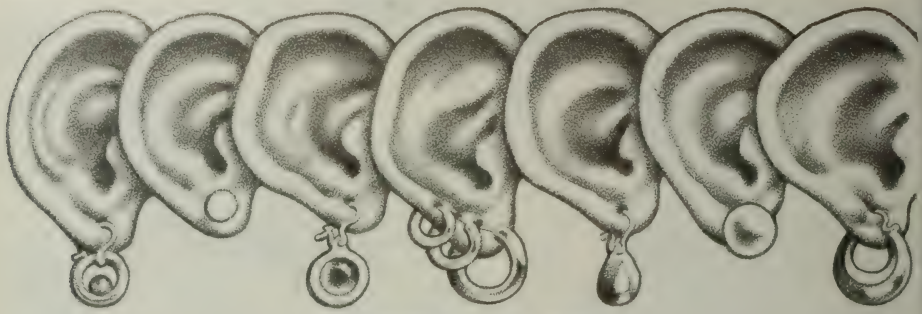
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



HOW SAFE IS EAR PIERCING?

A quick glance at the earring counter in any department store will confirm that today the "pierced look" is in. More and more women—from infancy on up—are having their ears pierced. There are advantages: Pierced earrings are seldom lost, and many women contend they're more comfortable to wear than clip-on earrings. In addition, the woman with pierced ears has a wider choice of earring styles than does someone with unpierced ears.

The piercing procedure is simple, but there can be complications, notably infection or allergy. Here's what you (or your teen-age, or even preteen, daughter) should know to avoid the hazards.

What's the safest way to pierce ears?

In spite of the fact that ear piercing is often done at home or in the jewelry section of department stores, the process should still be regarded as a minor surgical procedure. Thus, the best person to pierce ears is one who has some medical training—a nurse, a physician's assistant, or even a doctor (although that may be an expensive option). A physician is able to use anesthetic to completely eliminate any pain from the procedure.

Many department stores offer free ear piercing and hire nurses to perform the piercing. Before deciding to have the piercing done where you buy the earrings, look around and ask questions: Is the store clean? Does the person doing the piercing have any medical knowledge? Is equipment clean and is it completely sterilized between procedures? Ear piercing needles should be sterilized by autoclaving (sterilizing with steam under pressure), not by a cold sterilization procedure. Needles that are used repeatedly without being sterilized by heat may transmit hepatitis. Also, check with your local health department to see if, and how, ear piercing is regulated in your area.

A trained professional will first clean the earlobes with alcohol and then mark (or ask you to mark) the spot for the incision on each earlobe. This step should not be rushed: Both earlobes rarely are exactly alike or on the same level. You may have to live with the results a long time, so be sure the openings are positioned correctly in relation to each other.

The ears will be pierced with a sterile needle and "starter" earrings inserted. Starter earrings are simple posts inserted immediately after the earlobes are pierced and left in place until the healing is completed. Among newer devices for ear piercing are an insertion "gun" into which the starter earrings are loaded and a device that utilizes the needle as the earring post. Either method eliminates the separate procedure of inserting the earring.

Ears should not be pierced if a rash, especially psoriasis, or an infection is present. And piercing can result in unsightly growths on the earlobes of anyone who is prone to keloids (excessive scar tissue).

Always make sure the posts on new earrings are free of burrs that can scratch the skin.

What about the ice cube/needle routine?

Many people still choose grandma's technique: numbing the earlobes with ice and then inserting a sterilized sewing needle.

One drawback to having your ears pierced with a sewing needle is that the needle may not be as large in diameter as the usual earring post, so inserting the starter earrings may prove difficult. If you do have your ears pierced this way, protect against infection by having the person performing the procedure first wash her hands thoroughly. The earlobes should be swabbed with rubbing alcohol just before the needle is inserted.

How can you prevent inflammation or infection?

During the four to six weeks it takes for the earlobes to heal after being pierced, wear your starter earrings all the time. Do not fasten them so tightly that they pinch your earlobes. Gently wipe the front and back surface of the earlobes with a cotton ball moistened with rubbing alcohol once a day for at least three weeks. After washing your face or hair, be sure all soap or shampoo is rinsed away from the earlobes. Rotate the earrings once a day during the initial healing period.

To help keep the holes intact, wear post-style earrings rather than the wire type, and do not remove the earrings for longer than 24 hours, for six months. (After that, the openings usually can be expected to remain for life.)

After the holes have healed, rotate the posts during insertion rather than

continued

Drawing: Graphic Corporation

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Bayer. 100% pure pain reliever. Nothing else is needed.

What this headache needs is 100% pure pain reliever. And that's Bayer Aspirin. Bayer Aspirin is not 80%...not 90%...it's 100% pure pain reliever. Bayer adds nothing because – even for a big headache – you don't need anything else. And rest assured, Bayer Aspirin has relieved millions of headaches with no stomach upset.





All you need is Bayer Aspirin.
If you need more...see your doctor.

Read and follow label directions

continued

Ear piercing

poking straight through the earlobes. A dab of petroleum jelly when you insert earrings helps ease them in place.

See a doctor if you develop reddening, itching, oozing, or crusting at the site of the ear piercing.

Why do some women develop nickel sensitivity?

While the holes are healing, the skin can absorb nickel from pierced earrings. Apparently this causes some women to develop skin reactions later. Nickel, a metal widely used in earrings, is a well-known "sensitizer" that produces redness, itching, and sometimes small blisters in the area of contact. Once sensitized, people usually remain sensitized. As a result, such persons may develop subsequent reactions from contact with other jewelry, lingerie hooks, hosiery supporters, zippers, automobile panel buttons, doorknobs, kitchen appliances, and other objects that contain nickel.

Are you sensitive to nickel?

To see if you're already sensitive to nickel, take a five-cent piece (yes, it's the nickel content that gave the coin its name). Moisten the coin with water, place the coin on your skin, and cover with an airtight bandage. Remove the bandage after 48 hours; any inflammation indicates nickel sensitivity.

If you *are* sensitive, you'll want to be especially careful to avoid nickel in any earrings you purchase for your newly pierced ears. Nickel is not present in sterling silver but it is commonly used to harden gold. Stainless steel —often recommended for persons with nickel sensitivity—*does* contain nickel but in a non-irritating form that keeps the nickel from leaching out.

You'll want to make sure there is no nickel in any part of the earring that touches the ear; that includes the post that goes through the earlobe, the pad or cap on the back of the ornamental part of the earring, and the behind-the-earlobe fastener. Manufacturers of earrings advertised as "hypoallergenic" should be able to substantiate that claim with a written statement describing the metal content.

What about self-piercing earrings?

Devices with sharp points that are supposed to work their way through the earlobes while being worn for several days are not considered safe by the American Medical Association. The continued irritation caused by such earrings makes infection more likely.

What styles are safest?

Dangling earrings, particularly ones with loops, aren't appropriate for active sports and can be hazardous for a child at any time because they can get caught and tear the earlobes.

Heavy earrings can produce a misshapen hole if they're worn frequently, especially right after having the ears pierced and before the opening has had a chance to heal.

Be careful when you're brushing, combing, or washing your hair. The hairbrush or comb can catch in the earring and tear the earlobe.

Infants or children may be attracted by bright, dangling earrings, so be alert: One swipe from a tiny hand can tear an earring from the earlobe. ■

—Lynne Lamberg

Use the treatment hospitals use for hemorrhoidal irritation.

For problems such as hemorrhoidal irritation, where itching, burning and discomfort occur, 2,500 hospitals throughout the U.S. choose Tucks pre-moistened pads. With good reason.

Developed by a doctor to soothe, cool and help relieve itch and irritation in one of your most sensitive areas. Tucks pads are specifically designed for extra softness, to allow the gentlest possible application of a special soothing, cooling solution. That's why they relieve discomfort so effectively, even for people who also use ointments or suppositories.



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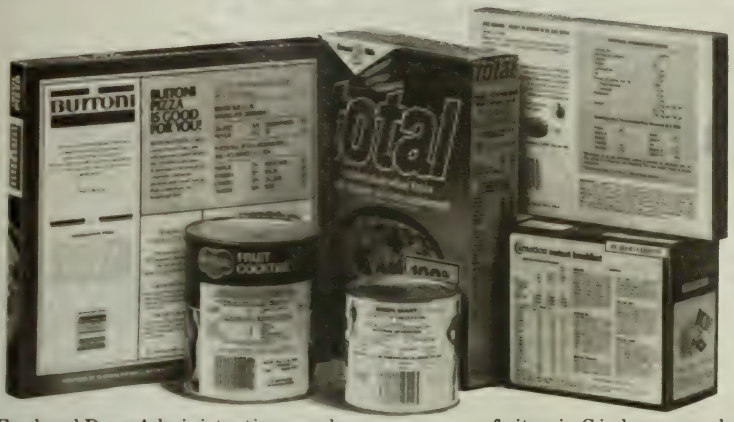
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Tucks, from Parke-Davis. The treatment used by 2,500 hospitals.



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Why are so many manufacturers putting this much information on their labels?



Under Food and Drug Administration regulations, the labels of food products for which nutritional claims are made must contain lists of important nutrients including vitamins, minerals, protein, carbohydrates and fats, as well as calories. Vitamins, minerals and protein are expressed as percentages of the U.S. Recommended Daily Allowance (U.S. RDA)—the daily amounts established by the Food and Drug Administration as essential for maintaining good nutrition.

Even when a listing is not required, many food manufacturers voluntarily provide this information. They realize how this kind of information lets shoppers like you compare ingredients and buy the most nutritious foods.

Good nutrition. More important than ever.

Even though our country enjoys one of the highest standards of living and is the largest producer of food products in the world, there are serious gaps in our national diet, most frequently because of poor eating habits. These deficiencies are not limited to low income groups, but cut across all economic and social levels.

According to the most recent information, twenty to fifty percent of Americans run some risk of not meeting the U.S. RDA for at least one or more of the vitamins C, A, B_1 (thiamine), B_2 (riboflavin), and folic acid. Minerals such as iron and calcium are also likely to be insufficient.

Other ways you may be robbing your body of vitamins.

Recent studies show that blood plasma levels of vitamin C in heavy smokers were as much as 30% lower than in non-smokers.

Chronic heavy consumption of alcohol, including beer and wine, may interfere with the body's utilization of vitamins B_1, B_6 and folic acid. In addition, excessive drinking is frequently accompanied by poor eating habits, which compounds the problem by reducing vitamin intake. If you're dieting or skipping meals, you may be eliminating foods that contain many vitamins, including C, E and B-complex.

Sickness, including fevers and colds, may very well lower the level of vitamins in your blood. And women who take birth control pills could need extra vitamins B_1, B_2, B_{12}, folic acid and from two to ten times the normal amount of vitamin B_6. These increased nutritional needs have been demonstrated in several studies, but your own physician should be consulted.

How to get the extra vitamins you may need.

When shopping for foods, be sure to read the nutritional panels on the side or back labels of the package. Select those that give you and your family a well-balanced diet, and will add up to a daily intake of at least 100% of the U.S. RDA for vitamins, minerals and the required amount of protein. Just to be sure, you can also take vitamin supplements daily. There are a number of different formulations including multiple as well as individual vitamins.

Vitamin Information Service,
Hoffmann-La Roche Inc., Nutley, N.J. 07110.

ROCHE

Your health is our concern.

RCD #1940R

HELP FOR DAMAGED HAIR

If you spend your summers scooting around town on a motorcycle, swimming in chlorinated pools, sunbathing, or tending a vegetable garden, you probably notice a change in your hair.

Fun as they are, outdoor activities can be hard on hair, especially when they're combined with blow drying, hair coloring, and/or permanents or straightening chemicals. The result can be damaged hair that looks limp, feels dry, and doesn't shine.

Shiny, bouncy, and manageable hair doesn't just happen. To stay healthy and look good, hair must get constant tender loving care. Here's what you can do to keep your hair looking its best.

How hair is damaged

Each strand of hair has three layers —a *cuticle, cortex,* and *medulla*; each layer is composed of a protein substance called *keratin.*

- The *cuticle,* or outer layer of the hair shaft, is made up of tiny overlapping scales that provide a protective layer for the cortex. When hair is in good condition, the cuticle lies flat, reflecting the light and giving hair sheen. When the cuticle becomes damaged, the scales break off and the edges become ragged. This is what causes hair to look dry and dull.
- The *cortex* (the layer immediately below the cuticle) is the major component of hair. This layer gives hair its strength and elasticity.
- The *medulla*—the innermost section of the hair shaft—has no known function. In fact, the medulla is entirely missing in some fine hair.

Hair color is determined by the number and distribution of brown-black (*eumelanin*) and yellow-red (*phaeomelanin*) pigment granules.

Here's a list of the most common causes of damaged hair:

- Excessive brushing, especially with a stiff nylon brush; brushing wet hair; pulling at tangled hair; back combing.
- Excessive use of hair spray.
- Sleeping with rollers and clips in your hair.
- Tightly binding your hair, in a ponytail for instance.



- High heat and low humidity in your home (during the winter).
- Basking in the sun and swimming in chlorinated swimming pools.

Analyzing your hair

Before you do anything to your hair (changing your hairstyle, permanenting, coloring, or straightening), it's important to find out exactly what kind of hair you have so you can capitalize on its natural assets. Is it coarse or fine, thick or thin, curly or straight?

- *Coarse* hair has fat and strong, almost wiry, fibers. If it's very coarse, you'll need to control it with a professional haircut and daily conditioning.
- *Fine* hair looks limp and wispy. It requires gentle treatment because it isn't as strong as coarse hair. Go easy on the blow drying and don't brush your hair too vigorously or too often (contrary to popular belief, 100 strokes a day is too much). A good conditioner and mild shampoo will control the flyaway tendency of fine hair.
- *Thick* hair can be coarse or fine in texture. If the hairs are close together and abundant, you have thick hair.

Cutting thick hair reduces its bulk and helps it hold a set.

- *Thin* hair, too, can be coarse or fine. People with thin hair have larger spaces between the individual hairs. Patches of scalp are visible through hair that is very thin. (If your hair suddenly thins significantly, consult a doctor. The hair loss may be caused by an illness, a diet deficiency, or a medication you're taking.)

Avoid letting thin hair grow long; the weight of long hair makes thin hair look even thinner. A short to medium-length cut makes hair look thicker.

- How *straight* or *curly* your hair is also determines how you should style your hair to get it into the best possible condition. For instance, if your hair is coarse and curly, don't straighten it. Instead, get a good layered cut that encourages the curl.

While you're analyzing your hair, don't overlook the most common hair and scalp problems:

- *Oily hair*—actually oily scalp—occurs when the hormones that control the production of the oil glands gradually increase during adolescence (about the time of puberty) and thus produce excess oil. After puberty, the hormone production usually levels off, but for some reason the hair often continues to be oily for several more years.

Oily hair becomes greasy and stringy overnight. The best remedy is frequent shampooing—every day, if you like. When you condition oily hair, only condition the ends of the hair.

- *Dry hair* is more a perception than an actual condition. Hair can seem dry when it is damaged and some of the natural oils are depleted.

If your hair looks dry, give it a rest from coloring, permanenting, excessive shampooing, and blow drying. Concentrate on conditioning your hair:

Once a month, give your hair an oil treatment. Apply the oil (castor, mineral, or salad oil) to your hair and wrap your head in a warm, moist towel for 15 minutes. Then, wash your hair and scalp with a mild shampoo and air dry.

- *Dandruff*—Dandruff usually occurs on an oily scalp when the cells of the scalp age, dry, and fall off in flakes. Normally, regular shampooing and brushing remove the flakes.

If you have a persistent dandruff problem, one of several over-the-counter dandruff shampoos may help.

Dandruff that is accompanied by redness or broken skin might indicate psoriasis or seborrheic dermatitis. Check with your doctor before attempting to treat the problem.

- *Split ends*—Conditioners can put the split hair shaft back together—temporarily—but the split ends keep coming back. The best remedy is to cut

continued

Drawing: Hired Hand

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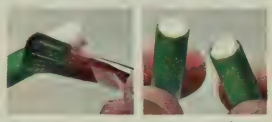


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continued

Damaged hair

them off before they run farther down the hair shaft.

● *Dull, drab hair*—Hair that becomes faded and doesn't shine is usually the result of too much permanenting, straightening, coloring, sunshine, or chlorinated water.

Choosing and using products wisely

● Shampoos—Look for a *pH balanced* or *non-alkaline* shampoo. Scientists use the pH scale (from 0 to 14) to define the acidity or alkalinity of a solution. Seven is neutral on the scale; solutions below seven are non-alkaline (acidic); above seven, a solution is alkaline (or basic).

If you have dandruff, look for a shampoo containing *zinc pyrithione*. It will usually remove the scales and alleviate the dandruff.

Protein in shampoos and conditioners may help fine or damaged hair. The protein coats the hair and results in a slight increase in hair diameter. Such shampoos and conditioners tend to hold split hairs together. (Protein also can make individual hairs stick together, causing tangles to form.)

● Conditioners—If you blow dry your hair a lot, you're definitely a candidate for a good conditioner. Get a 60-second conditioner to use once a week and a two- to 30-minute "deep penetrating" formula for a once-a-month treatment. Protein in the conditioners coats the hair to fill in cracks in the cuticle and forms a shield that helps hair retain moisture.

● Cream rinses—An acid-balanced cream rinse may be useful to tide you over between conditionings. The rinse helps to smooth out tangles.



Ten tips for healthier hair

1. Avoid frequent bleaching, coloring, and permanenting. Thoroughly read and follow the instructions on all hair dyes, rinses, and home permanent kits. (Always determine beforehand whether you're sensitive to the product.)

2. Avoid back-to-back chemical processing. (For instance, don't immediately re-perm hair that didn't "take" the first time.)

3. Don't attempt to straighten hair yourself. Straightening preparations are potent and are easily overdone. Have your hair professionally straightened no more than twice a year.

4. Trim your hair every four to six weeks to discourage split ends.

5. Use a good natural-bristle brush with smooth, rounded bristles. Don't over-brush your hair—especially when it is wet.

6. Use a wide-toothed comb for combing out tangles, especially when hair is wet.

7. Wash your comb and brush thoroughly every other time you shampoo your hair.

8. Reduce the use of such heat-producing equipment as electric rollers, curling irons, and dryers.

9. Avoid excessive exposure to the sun and wind.

10. Before using a blow dryer, let your hair air dry until just damp enough to be blown dry (on lowest setting) into place. ■

—Jean Shriver



Should you use a soap made for sensitive skin?

(Even if yours isn't)

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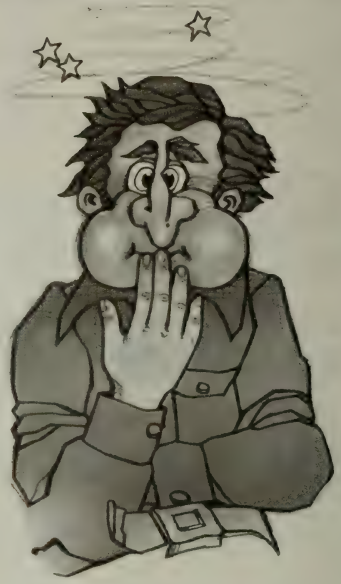
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How to deal with motion sickness



Fortunately, motion sickness doesn't last long and isn't very serious compared to other illnesses. Usually the symptoms are mild—a vague discomfort, an inability to concentrate, and the blues. Acute motion sickness, however, can result in sweating, nausea, and vomiting, and can turn even the best-planned vacation into a fiasco.

What causes motion sickness?

A disturbance in the inner ear, brought about by unusual and repetitive movements, causes motion sickness. The illness clearly runs in families, and the chief victims are children between ages ten and 12 (children under age two are thought to be immune). As people grow older, they become less susceptible, and the middle-aged or elderly rarely become motion sick unless they are subjected to uncommon motion for a long time. Women are more prone to motion sickness than men are; people who are afraid of heights or the dark are susceptible, too.

Most vulnerable people are what psychologists call "augmenters," rather than "reducers"—that is, they tend to magnify sights and sensations. As one authority puts it, for augmenters "the world is a brighter, louder, smellier,

continued

Drawing: The Hired Hand

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BETTER HEALTH & GROOMING

by Betty Grayson

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continued

Motion sickness

heavier, faster, and more painful place than it is for others."

Motion sickness has been a recognized traveling companion of mankind for a long time—the very word "nausea" comes from the Greek word for "ship." Some people are so susceptible to motion sickness that they even react to swinging in hammocks, roller-skating, dancing, or even lying on water beds. But for most of us, the main cause (apart from carnival rides) is traveling in automobiles, airplanes, buses, and large boats.

In recent years, the effects of the illness on astronauts in space have triggered an explosion of research. As a result, we know a bit more about how to prevent motion sickness, and if it strikes, how to reduce its symptoms. Even if you never have been a victim, your luck may run out—on a long cruise, for example. Under severe conditions, even experienced sailors can experience motion sickness. Here are some measures you can take.

Preventive measures

On a ship, try to get a cabin in the middle, at the waterline (you'll rock less). On an airplane, choose a seat in the center (the most stable place in an airplane). In a car, avoid the backseat, and take the wheel if possible (drivers rarely succumb to motion sickness, probably because they're preoccupied with what they're doing). Distractions are excellent preventives for motion sickness. Having a task to do seems to block out symptoms. Children in a car can be distracted with guessing games, for example, but don't let them try reading while moving. Meals should be light but frequent. Above all, don't skip or skimp on breakfast—there is little doubt that an empty stomach invites motion sickness.

Becoming motion sick tends to be a self-fulfilling prophecy: If people expect to get motion sick, they usually do. Because motion sickness is an exaggerated, psychologically rooted response to a physiologic stimulus, remedies people *think* may help them actually do help—whether the cure is deep breathing, sucking ice, or drinking carbonated beverages. So if a home remedy has worked for you, continue using it, with one exception: alcohol, which irritates and delays the emptying of the stomach.

There are four steps you can take when motion sickness starts.

First, on short trips, keep your head still. Hold it back and against the top of a chair or a pillow. (On long trips, you'll get accustomed to motion; if you keep your head still, it may take you longer to adapt.) Second, lie down on your back. Third, try to sleep; you'll escape the discomfort and you'll probably feel better when you awake. And fourth, try to keep busy doing something interesting.

Anyone with a history of motion sickness should, of course, be forearmed with over-the-counter drugs. The best are various antihistamines—among them, dimenhydrinate (as in Dramamine, Ram, and Trav-arex) and meclizine (as in Bonine and Vetrol). For youngsters, however, meclizine isn't recommended; dimenhydrinate is more suitable. These drugs are safe and effective; their most common side effects are drowsiness and dryness of the mouth. (Don't drink any alcohol on the same day, and use extreme caution if you will be driving or operating a boat or plane.) You must take the antihistamine before and during motion (as stated in product directions). Once you're in the throes of motion sickness, only prescription drugs are effective.

There is no evidence that antihistamines are unsuitable for pregnant women, but most authorities advise judicious use (or avoidance), particularly during the second to fourth months of pregnancy.

If you're unusually susceptible to motion sickness and preparing for a stressful trip, consider requesting a prescription drug from a physician. ■

—Warren Boroson

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Whipped cream (optional)
Chocolate curls (optional)

Using steel blade, process sugar and butter in food processor bowl till very smooth and light, stopping to scrape down sides of bowl as needed. With processor running, add chocolate and vanilla through feed tube. Add eggs, one at a time, through feed tube, processing till mixture is smooth; scrape sides of bowl occasionally. Turn into cooled Processor Pastry Shell. Chill several hours or overnight. Garnish with whipped cream and chocolate curls, if desired.

*Do not use margarine.

To make Processor Pastry Shell: Using steel blade in processor bowl, process 1 cup *all-purpose flour,* ⅓ cup *shortening,* and ½ teaspoon *salt* with on/off turns till mixture resembles cornmeal but with a few larger pieces. With processor running, quickly add 2 tablespoons *ice water* through feed tube; stop processor as soon as all water is added. Scrape down sides of bowl. Process for 2 on/off turns. (Mixture may not all be moistened.) Remove dough

FOOD

Food processor specialties



A food processor has more timesaving advantages than merely chopping and slicing foods. Use your processor to cut down the kneading for bread, shorten the beating for a silk pie, and consolidate chopping and whipping steps in a mousse.

"Hibachi Mariachi



The Old El Paso Quick Frank Kabob

"Holy Guacamole"





The Old El Paso Tostada Salad

fold in shrimp. Turn into a 4-cup mold. Chill till firm. Unmold onto platter. Garnish with avocado slices dipped in lemon juice, if desired. Makes 4 servings.

SWISS RYE BREAD

Try this bread with monterey jack cheese, too—

3 ounces Swiss cheese
1 cup milk
1 tablespoon sugar
¾ teaspoon salt
1 package active dry yeast
1½ to 1¾ cups all-purpose flour
¾ cup rye flour

Using food processor, shred cheese with shredding disc; set aside. In a saucepan heat and stir milk, sugar, and salt over medium heat just till lukewarm (110°). Stir in yeast; let stand 5 minutes. Using metal blade, combine *1½ cups* of the all-purpose flour, the rye flour, shredded cheese, and yeast mixture in processor. Cover; process till mixture forms a dough, *no more than 1 minute.* Remove dough to lightly floured surface; if necessary, knead in the remaining ¼ cup flour to make a moderately stiff dough. Knead 2 to 3 minutes more. Place in a greased bowl, turning once to grease surface. Cover; let rise in warm place 55 to 60 minutes or till double. Punch down. Shape into a loaf. Place in a greased 8x4x2-inch loaf pan. Cover; let rise 30 to 45 minutes more or till nearly doubled. Bake in a 375° oven for 35 to 40 minutes. If necessary, cover top of loaf during last 20 minutes of baking to prevent overbrowning. Makes 1 loaf. ■

from bowl; shape into a ball. On a lightly floured surface roll pastry to fit an 8-inch quiche dish; adjust pastry to fit dish. Trim and flute edge. Prick bottom and sides of shell well. Bake in a 450° oven 10 to 12 minutes. Cool on wire rack. Makes 1 shell.

AVOCADO-SHRIMP MOUSSE

A perfect luncheon side dish —

1 3-ounce package lemon-flavored gelatin
¼ teaspoon salt
1 cup boiling water
3 tablespoons tarragon vinegar
¼ cup mayonnaise *or* salad dressing
¼ cup dairy sour cream
Several dashes bottled hot pepper sauce
2 stalks celery, cut up
1 green onion, cut up
1 medium avocado, peeled, seeded, and cut in chunks
1 4½-ounce can shrimp, drained

In a bowl dissolve gelatin and salt in boiling water; stir in vinegar. Insert chopping blade into food processor bowl. Add gelatin mixture, mayonnaise, sour cream, and hot pepper sauce. Cover; process till smooth. Remove to bowl. To processor bowl add celery and green onion. Cover; process till finely chopped. Add to gelatin mixture. To processor bowl add avocado. Cover; process till coarsely chopped. Fold into gelatin mixture. Chill gelatin mixture till partially set (the consistency of unbeaten egg white);

"Recipes Olé!"



THE OLD EL PASO MEAT 'N POTATO TACO

1 lb. ground beef
8 oz. frozen hash browns
½ medium onion, chopped
1 envelope **Old El Paso Taco Seasoning Mix**
Old El Paso Taco Sauce
1 10 oz. can **Old El Paso Tomatoes & Green Chilies**
12 Old El Paso Taco Shells
shredded lettuce
shredded cheddar cheese

Cook meat, hash browns and onions till meat is brown, onion tender. Stir in taco seasoning mix, Old El Paso tomatoes and green chilies. Simmer uncovered 10 minutes. Spoon meat mixture into heated taco shells; top with lettuce, cheese, taco sauce. Serves 12



THE OLD EL PASO QUICK FRANK KABOBS

2 4 oz. cans **Old El Paso Whole Green Chilies,** seeded and rinsed
8 frankfurters, cut crosswise in thirds
1 16 oz. can whole new potatoes, drained
¼ cup horseradish mustard
¼ cup catsup
¼ cup **Old El Paso Taco Sauce**
2 tbsp. cooking oil

Slit chilies lengthwise into 24 strips. Wrap strips around frankfurter piece. Thread meat and potatoes onto skewers. Mix mustard, catsup, taco sauce, oil. Grill kabobs over medium coals 10 minutes, turning, brushing often with mustard sauce (or broil 4 inches from heat 6 to 8 minutes). Makes 4 to 6 servings



THE OLD EL PASO TOSTADA SALAD

2 ripe avocados, mashed
1 tbsp. lime juice
1 tbsp. thinly sliced green onion
¼ cup dairy sour cream
¼ cup **Old El Paso Taco Sauce**
½ tsp. salt
1 tsp. cooking oil
1 16 oz. can **Old El Paso Refried Beans**
½ cup shredded cheddar cheese
6 Old El Paso Tostada Shells
3 cups shredded lettuce
1 cup chopped tomato
6 slices avocado

Mix avocado, lime juice, onion. Blend in sour cream, taco sauce, salt. Chill. Heat refried beans in oil; stir in cheese till melted. On heated tostada shells divide and spread beans, then lettuce, tomatoes. Spoon avocado dressing over each. Top with avocado slice. Serves 6.

OLD EL PASO SUN COUNTRY MEXICAN COOKBOOK OFFER

Send $2.00 in cash, check or money order (no C.O.D., credit card or stamps accepted) to Old El Paso, P.O. Box 9976, St. Paul, Minnesota 55199. Offer expires December 31, 1980.

OLD EL PASO



"Us Tareyton smokers would rather light than fight!"

Your present filter is only doing half the job, because it doesn't have Tareyton's activated charcoal filtration.
There is no substitute for Tareyton lights flavor.



8mg. tar 9mg. tar

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Tareyton lights: 8 mg. "tar", 0.7 mg. nicotine; Tareyton long lights: 9 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

Better outdoor living starts at home

By Steven Coulter

This summer, make the great outdoors live up to its billing! To help you, we've assembled modular projects that answer a number of needs: privacy, shade, seating, storage, plant potting and display. Pick your projects, then adapt them to suit your own situation.



Photographs: Jim Cobb. Drawings: Dane Art. Designer: Garth Graves

Better outdoor living starts at home

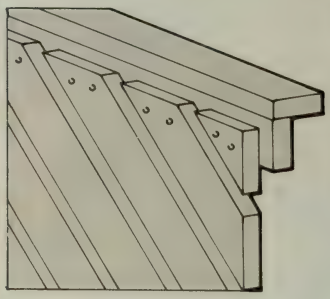
LATH PANELS



Build one 2x6-foot lath panel and use it as an entry screen, a window awning, or a trellis. Assemble several panels to define a corner, camouflage garbage cans or service areas, or provide a privacy screen or overhead shade for a patio or walkway.

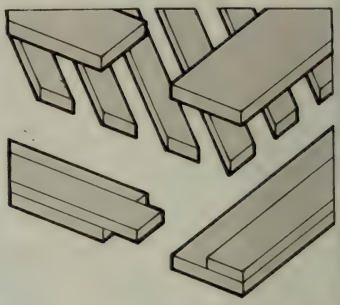
For light-duty applications, construct the panels from lath stock—available in four-, six-, and eight-foot lengths—with a bender board frame. Heavy-duty applications require more substantial materials: 1x2s with 1x3 frames. Use only non-corrosive nails and hardware. For additional strength, use glue as well as nails, and brace corners with angles through-bolted to the assembly.

1. Single-side screen



When only one side of your lath panel will be visible, build it simply, by nailing the lath onto a T framework.

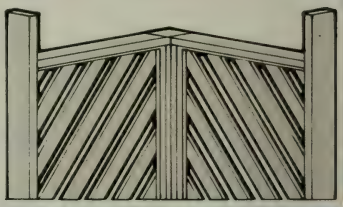
2. Double-side screen



Reversible panels are also easy. Assemble one side of a frame by nailing a filler strip flush with the outside edge.

For use in a corner, two lath panels can be mounted at right angles on the same 4x4 post. Panels may be hinged for temporary shade or a removable planter-bed cover. The photo below shows six panels assembled to form an open-air potting shed, which doubles as a haven for summering houseplants. Mobile boxes hold supplies.

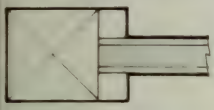
To order plans for the project below, #50377, see page 200.





Photographs: William N. Hopkins

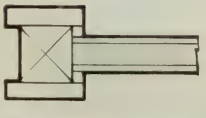
3. Various frames for installing vertical or horizontal lath panels



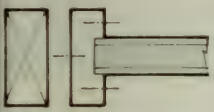
Flush molding holds the panel to the 4x4 post face.



Inset strips form a stair-step plane at 2x4 post.



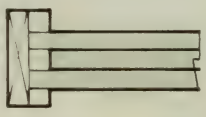
Face a 2x2 core with 1x4s; add fillers to snug the panel.



Attach a dadoed 1x4 to the panel, then to the post.

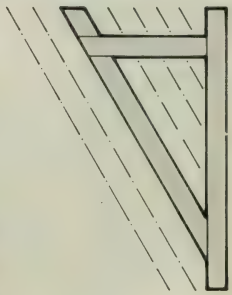


Use a metal channel and insert panel from top or end.



Use horizontal double tracks for sliding panels.

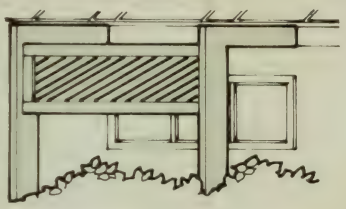
4. Angled template



Use a template to maintain consistent spacing and angle.

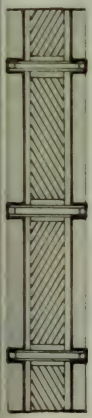
Panel accents

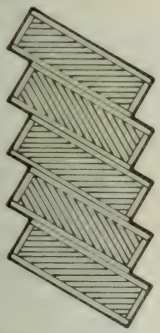
Install a single lath panel vertically to serve as a trellis or screen that will provide some privacy and redirect winds at outside entries. If you have a low roof overhang, you may be able to attach the top of the panel beneath this area. The drawing, *right*, shows how to mount one panel horizontally to form an awning for a wide window. Add more panels, if needed, to filter summer sun. Remove them to admit weak winter sun.



Area shading

▸ Overhead shade and area screens can be designed into a simple frame structure to help cool an exposed patio or deck. The lath panels may be rearranged to meet changing seasonal needs, if you wish. Mount the supporting framework securely.







◂ Place panels end to end over paths or walkways to provide cooling shadows during summer's dog days. Vines may be trained up the posts to spread out and form arbors.



WOOD BOXES

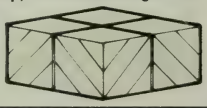
Better outdoor living starts at home

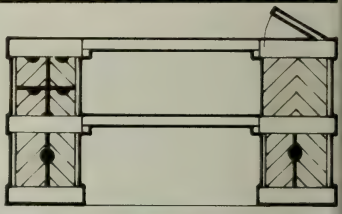


Drill drainage holes in the bottom of boxes you plan to use as planters. You can install false bottoms partway up in the boxes, so less soil will be required to fill the planters. This will also make the units easier to move.

Versatile, easy-to-build boxes can supply you with planters, stools, storage, steps, and equipment covers. After constructing your cubes of exterior plywood, seal all raw edges with paint, glue, or veneer strips. Use non-corrosive hardware; waterproof glue.

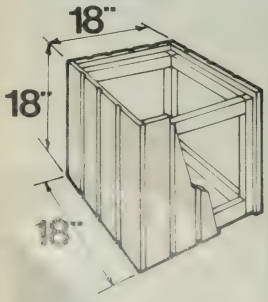
Flank a plank with two pairs of stacked cubes, and you have a convenient outdoor workbench, complete with storage space. The boxes can be oriented to open at the front or at the top, as shown at right. You can also cluster cubes and top with cushions to form a seating island, *right.*







Cutting diagram for one 4x8-foot plywood sheet



Cube storage

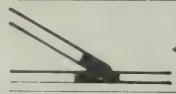
By stacking cubes vertically, you can save horizontal space and gain a column of storage in the process. Tailor the cubes for specific purposes, such as the dart game set-up shown at right.

Solo cubes can be placed all around the yard to house garden equipment wherever you use it most, thus saving you countless steps. Equip the cubes with lids, drawers, and doors to suit your needs.



Custom design your cubes with hardware for any purpose.

◄ SLIDING TRACK



◄ SCISSOR HINGES



◄ BUTT HINGES



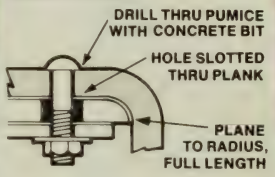
◄ SHUTTER HARDWARE



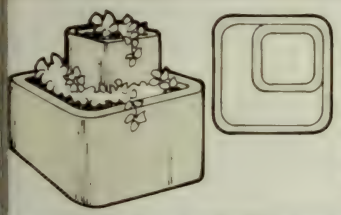


Assemble this sturdy bench from a pair of flue liners and a plank, held together with four carriage bolts. Stain and finish the wood, unless you use redwood, which may be left unfinished to weather to a pleasing gray.

Bench detail



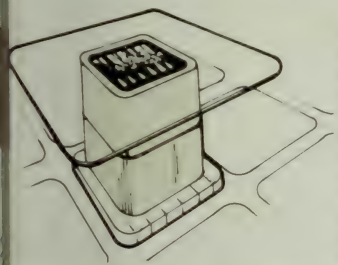




◂ Flue liners make attractive planters in singles or combinations, such as rows for a low dividing or retaining wall, or set in a random pattern on a slope, or stacked and nested to provide raised profiles, as shown at left.
▸ For a handy drinking fountain, run a water line to a stack of rock-filled liners.



Commercial concrete flue liners are available in many sizes to use in a number of ways, from planters to bench supports to compartmentalized storage. Handling the liners is easier than you might think, because they're made of relatively lightweight pumice.



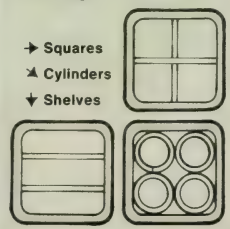
A pedestal of stacked flue liners provides a firm base for a variety of tabletops, such as laminated wood or smoked gray acrylic, in any shape you desire: round, square, oval, or rectangular. Keep your half-inch-thick tabletop in place with an insert cut to fit the inside of the flue liner. Bond insert and top with solvent cement. To create a checkerboard or backgammon pattern for your acrylic table, cut a pattern from a protective paper mask and spray with acrylic paint.

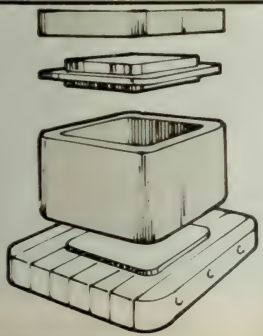
Set your table on a patio faced with cast concrete tiles of the same flue liner pattern. Use them for walkways, also. Fill space between tiles with pea gravel or pebbles.

Compartment insert details:

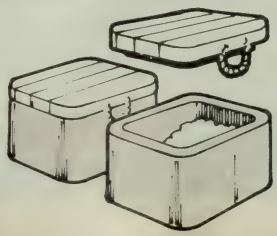


Plywood, acrylic, clay pipe, or PVC pipe can be used to divide flue liners into smaller compartments for more efficient storage.





To keep stacked liners from shifting, use keepers, *left*, cut to conform to the inside of the flue liners. Shape laminated wood tops with keeper lips to cover garden canisters.





CLEAR PANELS

Better outdoor living starts at home

Deflect the wind but keep the view with a clear panel screen or divider. You can use either acrylic plastic or tempered, precut glass in standard sizes. Acrylic is easier to trim and drill than glass, and requires less structural support due to its lighter weight. Handle acrylics carefully to avoid scratching. Avoid styrene-base plastics as they will yellow in time. Use silicone-base adhesives to both bond and seal dissimilar materials, such as wood to acrylic. For design interest and also for safety, you can embellish the panel with graphics made of automotive striping. It's available in many widths and colors.

1.



Wood sash approach. The clear panel is set between two 4x4s with 1x1s flanking the acrylic sheet. Ideal for blocking wind.

2.



Laminated mid-strip of a 1x8 is flanked by 1x2s. Top and bottom 1x2s cap off both ends. Use two or three mid-strips if desired.

Set four clear triangles on a wood framework, and you have a pyramid cold frame for starting seedlings and growing temperature-sensitive plants. Install heating elements if you want to use the project as a hot bed. If you use tempered glass instead of acrylic plastic, frame all glass edges with wood as a safety precaution.

Better Homes and Gardens Project Plan 50378. To order, see page 200.

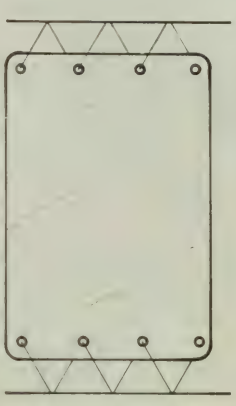


3.



Dadoed 4x4s (or built-up 4x4s with channels) are finished at top and bottom with arches. Or cut a more intricate design.

4.

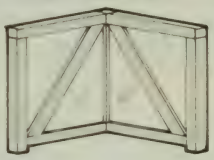


An unframed sheet of tempered glass or acrylic plastic may be suspended by chain or rope laced into eyelets.

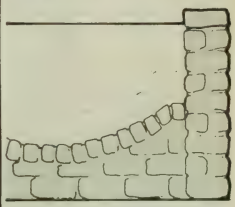


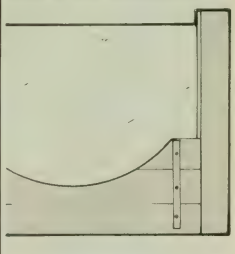
Acrylic and glass panels can be installed either horizontally or vertically in any style frame.

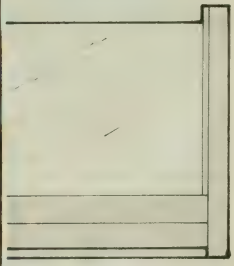
A corner wind protector, *right*, can be designed to fit any decor. Install the end posts securely by setting them in concrete. Windscreens are ideal around a pool or hot tub, *below*, or on the cold side of any outdoor living area. Use ¼-inch sheets to withstand wind forces on six-foot spans.













A PAY AS YOU GO FUN FUN FUN CENTER

BY DAVID HAUPERT

Why let a tight budget thwart your dream of an outdoor retreat? With this pay-as-you-go project, you can split the job into at least six stages and attack each as time and money permit. And as soon as the last section of the screenhouse is in place—stage 3—you can begin savoring the fresh air and scents you just don't get with air-conditioned living.

stage one, two

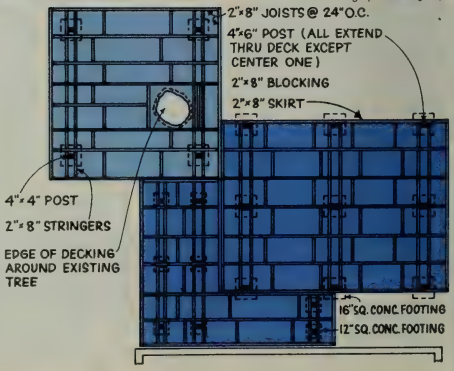


Photographs: George Lyons

Stage 1—the base deck. Lumber cost: about $770. Everything starts here with the 12x16 deck under the screenhouse. The structure rests on concrete piers and is undergirded with 2x8 stringers bolted to 4x6 posts. The next layer above—2x8 joists—is topped with 2x4s nailed flat. As is the case for the entire project, redwood *garden-grades* are specified. Lumber used in all near-ground situations—i.e., the posts, stringers, and joists—is *construction heartwood* because it is especially resistant to insects and decay; *construction common* was used for the decking, steps, bench, and trellis (on screenhouse roof).

Stage 2—the other two decks plus steps. Lumber cost: about $1,320. We're only at stage 2 and already suggesting that you might want to change our sequence to suit your own priorities. Before building the other two decks—each at a separate level—you might want to get right to the screenhouse. (If you do, check the next page.)

The lowest of the three redwood decks is L-shaped, the highest a 12-foot square. Framing details are shown at right.



stage three





Stage 3—the flattop screenhouse. Lumber and screening cost: about $830. Here's the spot where your family and guests can enjoy cool, insect-free meals and gatherings—all in a roomy, 11½x13 space. The walls are actually 16 removable screen sections, some hinged to serve as doors wherever you need them. (*Clear heartwood* is used for the screen frames because it's kiln-dried and makes good, tight joints.) Standard screen wire was used throughout, but you may want to consider substituting one of the new privacy-screen materials for the wall sections. Ceiling screening is held in place by a sandwich of 1x3s nailed on top of a simple trellis system of 2x4s. Eight of the nine support posts (all but the center one) extend from the concrete piers through the deck and all the way to the ceiling.

stage four





Stage 4—the optional second roof. Materials cost: about $920. Three laminated beams support this roof-above-a-roof—which is another stage you might prefer to reposition in your list of priorities. But if you want any relief from sun and rain, this is a pretty slick way to get it.

Each of the two outer beams of this roof is a sandwich of six redwood 2x4s, notched at both ends to lock onto the beams beneath them; the center beam is made of 11 laminated 2x4s, also notched. The two outer rafters are 2x8s, the rest 2x6s.

Two canvas covers slide closed (by way of rope and pulley system) to block out the sun and funnel rainwater to the outer edges of the screenhouse. Each of the shades—fitted with metal rings—slides from one end of the roof to the other on half-inch metal pipes.

Overall design work: Galper/Baldon Associates
Deck, bench, and step designs: Richard K. O'Grady
Design sponsor: California Redwood Association

stage five



Stage 5—the built-in counter unit. Materials cost: about $193. A corner unit this size (about 6x6) covers the bottom portions of only four screen sections yet gives you lots of storage and counter space. The doors and ends are made from 1x3s and 1x4s, mounted onto a framework of 2x2 and 2x3 posts and crosspieces. Each leg of the L is topped by a counter of 17 redwood 2x4s laminated together on edge, butcher block fashion. Total height of the unit is 34 inches; depth (front to back) is 25½ inches.

When the last nail is in, you'll have invested less than $4,500 in an outdoor retreat that should last as long as your house. If you want to preserve the natural color of the redwood, brush on a clear water repellent; otherwise, just let the wood weather gracefully. Whichever way you go, you'll have an attractive new place for family and friends to soak up the sun or just lie in the shade and enjoy the great outdoors.

Complete working drawings are available for this entire project. Ask for **Better Homes and Gardens Project Plan 50379.** To order, see page **200.**



Photograph: Erwin Lewin

stage six

Stage 6—the planters and benches. Lumber cost: about $236. You can turn our timetable upside down and build stage 6 first, if you want to make it a winter project for the workshop.

Our cost guesstimate at press time is for five small planters (18-inch cubes), one four-foot planter, and three Parsons benches—two four-footers and one eight-footer. The planters are 1x3s and 1x4s nailed together. The benches are even simpler—2x4s on edge, with the top and leg pieces interlocking.





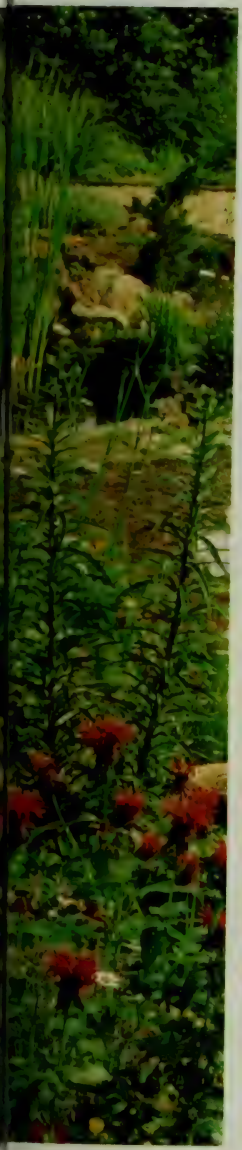


WELCOME WILDLIFE



Photographs: Russ Chappie, Sept[illegible] Jan Deyrup

TO YOUR BACKYARD





BY BEVERLY GARRETT

Invite wildlife visitors to your backyard and you'll make your garden more enjoyable. This proved true for Alice and Cliff Grant who turned their suburban lot into this flower-filled haven for birds, bees, and small animals as well as people. The Grants, who joined the National Wildlife Federation's backyard habitat program, selected plants that provide beauty plus food and shelter for birds and other species of wildlife.

Now, the three-year-old garden brims with color and action. Mature perennials bloom in succession, annuals thrive during summer and fall, and the young shrubs are growing. Year-round, wildlife shares the bounty.

◀ No wonder the birds seek refuge here! Flowers produce abundant seeds.



▲ A nest-building bluebird claims a birdhouse located at the edge of the garden.



▲ A platform feeder in the center of garden is kept well-stocked all year; it's popular with cardinals.

◀ This garden pool supports a stand of cattails as well as a school of friendly fish.



▲ A chipmunk gobbles seeds at one of the well-stocked feeders set throughout the garden.



▲ A land turtle strolls in the ground cover planted at one end of the pond.



▲ Rain barrels below eave spouts catch runoff water to be used on indoor plants.



▲ A clay saucer set on a stump works as a birdbath. Birds perch on the rock in the water.



▲ A sundial centers a bed of pink phlox, daylilies, white ageratum, and dwarf marigolds.



▲ Fragrant spires of lavender attract bees; spent blooms are saved for potpourris.



▲ Many clumps of yarrow grow along the mulched paths that wind throughout the garden.



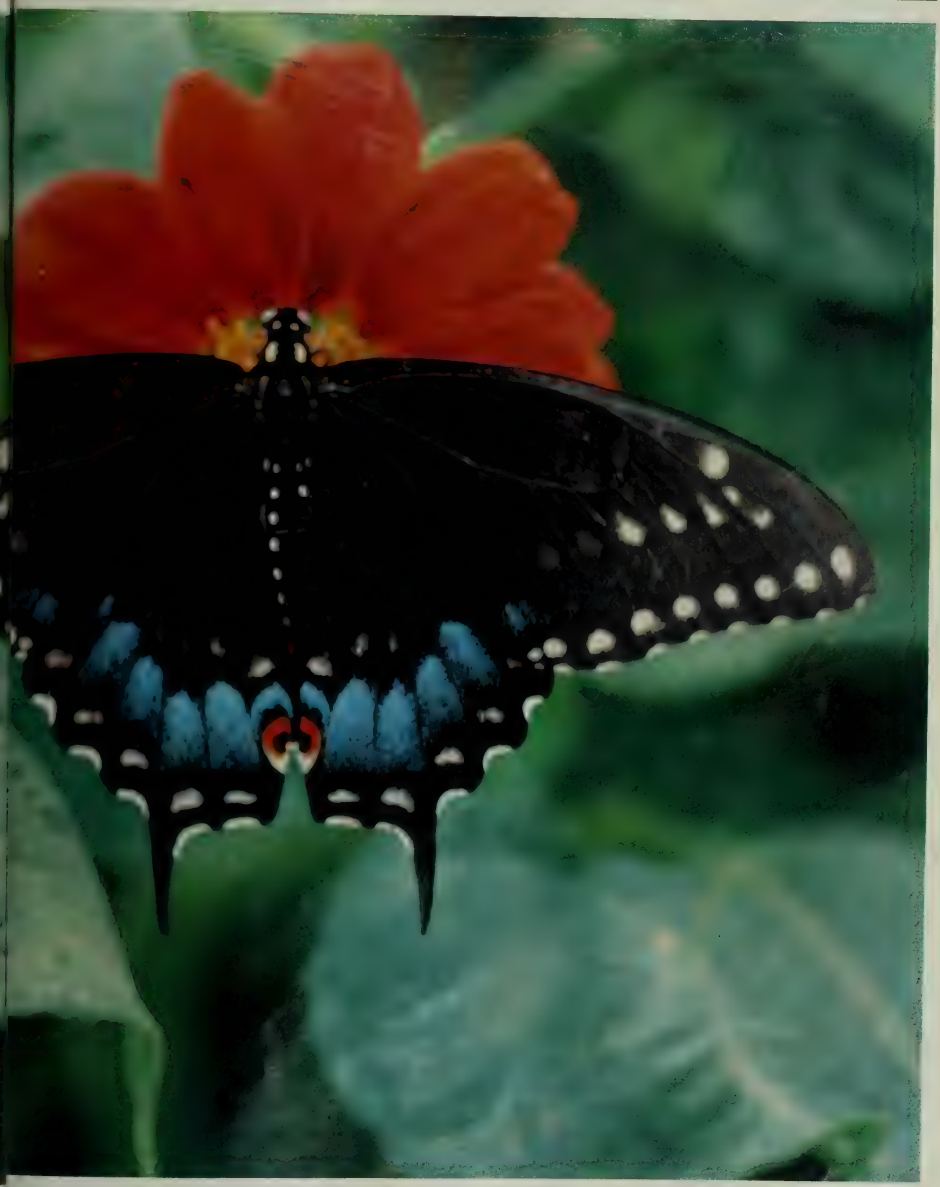
▲ Evening primrose, a hardy perennial, offers sun-gold blooms in late June.

PLAN AND PLANT WITH WILDLIFE IN MIND

Provide water. Wildlife needs water for drinking and bathing. A birdbath and/or shallow saucer of fresh water will fill the bill. Eventually, consider adding a small pool as the Grants did. Then you have the potential of attracting frogs and turtles, and adding fish. And, you can boost the beauty in your garden with pool-grown aquatic plants such as hardy water lilies.
continued on page 212

Photograph: Peter Krumhardt





A COOK'S CATALOG OF

Fresh Summer Fruit

By Nancy Byal

It's easy to imagine using pears in place of apples in a Waldorf salad, or peaches in place of strawberries with shortcake. But why not alternate fruits in a coffee cake, or a fruit glaze for poultry? To demonstrate, we've picked a dozen basic fruit recipes that take to embellishment. By using different fruits from one time to the next, you can wind up with dozens of recipes to use all year. And to get your money's worth, refer to our catalog on how to buy and fix the pick of the crop.

Salads & Breads



Photographer: Ita Giwargis, Food Stylist: Mable Hoffman

Fruit and Cheese Mold

Any fruit or fruit combo (fresh pineapple, papaya, and kiwi excepted) can highlight this sunny gelatin salad. We chose apples and oranges to complement the cheese, wine, and sour cream flavors.

Fruit Bran Muffins

These gems are dotted with cherries, but apples, bananas, peaches, nectarines, plums, and berries make super alternatives.

Chef's-Choice Salad

For this hearty salad, first marinate your favorite fruits (we used papaya, strawberries, pineapple, and grapes) in a honey dressing. Then arrange the fruits atop a bed of greens with meat and cheese.

Freewheeling Coffee Cake

A rosy fresh fruit (raspberry-pear) puree is baked between the two layers of this lightly spiced coffee cake.

Recipes begin on page 137.
Buying information, page 185





Occidental Stir-Fry

Firm-textured fruits, such as the sliced plums pictured, work best for this shrimp and fruit entrée. Each bite is lightly coated with a sauce that features soy sauce, ginger, and dry mustard.

Chicken with Curried Fruit

Sliced-up nectarines (or other fresh fruit such as apples, bananas, cherries, peaches, or pineapple) make a familiar curry and chicken combo look and taste deliciously different. Adjust the amount of sugar in the sauce to suit the sweetness of the fruit and your taste.

Main Dishes

Harvest Meatballs

The ordinary turns into the extraordinary when you top meatballs with a versatile fruit sauce (this one is made with cantaloupe). Serve it all atop a bed of spicy rice pilaf.

Fruitful Spareribs

If you want to give spareribs a novel flavor, team them with exotic tropical fruits such as kiwi and papaya. The glaze calls for apple juice that's accented with nutmeg.

Recipes begin on page 137.
Buying information, page 185



Granola Fruit Crisp

Whole wheat flour and crunchy granola cereal update the topping on an all-time favorite. If the fruit you use is very ripe or juicy, coat it with a little flour to corral the juices. Try making the crisp with one or a mixture of these fruits: apples, apricots, pears, peaches, or pineapple.

Any-Fruit Sherbet

No matter whether it's made with watermelon or any of the other suggested fruit options, this sherbet wins laurels for its refreshing flavor and texture. You start with a fresh fruit base that's pureed in a blender or food processor, then frozen in the freezer.



Desserts

Fresh Fruit Trifle

Layers of apricots and blueberries star in our adaptation of the English classic. Chill the dessert overnight so the flavors can marry.

Pick-a-Fruit Pie

For a down-home pie, combine peaches, pears, apricots, plums, or apples with grapes and oranges or pineapple.

Recipes begin on page 137
Buying information, page 185



When you start cooking creatively with fresh fruits, a new world of good eating opens up for you and your family. But first you must know how to choose and use each fruit to best advantage. That's the reason we've assembled this catalog. It tells you how to buy, store, and use many of your favorite fruits as well as some kinds of fruits that may be less familiar to you.

Melons

(Clockwise from front left) **Honeydew**—smooth, creamy white to yellowish rind; meat very pale green in the center to brighter green close to the skin. **Casaba**—deeply furrowed rind with a rich butter-yellow color; creamy white meat. **Watermelon**—round or oval; rind is solid dark green or pale green with dark green stripes depending on the variety; underside is creamy white to yellow; meat is from bright pinkish red to scarlet red. **Crenshaw**—round base and pointed stem end; lengthwise ribbing on rind and golden yellow mixed with green coloring; bright salmon-colored meat. **Persian**—resembles a large round cantaloupe; light orange meat.

Selecting: Few melons, watermelons excepted, are fully ripe as sold at the store. Choose melons that have good rind color for the variety and that are free of bruises. For optimum flavor, let melons (other than watermelons) stand at room temperature a few days before using them; then refrigerate.

Plums

(Front to back) **Kelsey**—yellow-green skin with firm yellow meat. **Italian Prune**—small oval shape; blue to purplish blue skin with golden yellow meat. **Elephant Heart**—mottled greenish yellow and red skin; meat is bright red with touches of yellow around the pit. **Casselman**—red skin flecked with yellow; rich yellow meat. **Nubiana**—blackish red skin with very firm amber meat. Many other varieties of plums are available at different times throughout spring and summer.

Selecting: Plums should be plump and soft enough to yield to slight pressure. Softening at the tip is usually a sign that the fruit is mature. If plums are not fully soft, let stand at room temperature as necessary. Avoid fruit that's immature (shriveled or hard) or overmature (excessive softness, breaks in the skin, punctures, or bruises).

Useful hints: All varieties of plums are equally good uncooked or cooked. Italian prunes have freestone pits that remove easily. These plums are particularly popular for drying and for canning.



Grapes

(Front to back) **Thompson Seedless**—small and olive-shaped; light green with amber overtones. **Ribier**—large round shape; bluish black. **Flame Tokay**—large, round shape with brilliant to dark red color. **Lady Finger**—large, very elongated shape; light green.

Selecting: Red and purple varieties should be free of any green tinge; white (green) grapes show a slight amber blush. Grapes do not ripen once picked. Avoid clusters that contain shriveled or small, undeveloped grapes, or clusters that have dry and brittle stems. Grapes are very perishable; store them in the produce keeper of the refrigerator.

Useful hints: The skins of grape varieties produced in the Western states—Thompson, Ribier, Tokay, and Lady Finger—adhere tightly to the pulp; seeds, if any, are easy to remove. The opposite is true of Eastern grapes such as Concord.

Tropical Fruits

(Front to back) **Kiwi**—oval-shaped with fuzzy brown skin; lime green meat with a white "core" and tiny black seeds (all edible). Buy kiwis firm to slightly soft. To ripen, let them stand at room temperature, then refrigerate uncovered. To serve, peel and slice crosswise.

Mango—large oval shape with a smooth, greenish yellow to red skin depending on the variety; golden yellow meat. Mangoes should be solid yet soft to the touch. The skin should have yellow and red areas mixed with green. Avoid mangoes whose skin is discolored with gray or marred by numerous black spots. Ripen mangoes at room temperature, then refrigerate uncovered.

The seed of a mango adheres tenaciously to the meat. Score skin lengthwise; then peel it like a banana. Cut meat away from seed.

Papaya—pear-shaped with a smooth, green to yellow skin; golden yellow meat and shiny black seeds. Choose a papaya that is at least half yellow, with no cuts or bruises. Ripen the fruit at room temperature.

To serve papaya, halve the fruit lengthwise and remove the seeds; serve with a lemon or lime wedge.

Pineapple—a leafy crown and a shell that resembles a pinecone; light yellow meat.

Pineapples do not continue to ripen once harvested. Look for plump, fresh-looking fruit. The crown leaves should be deep green. Avoid fruit that has a dull yellowish appearance or soft or decayed spots. Checking exterior color, thumping, and pulling out the leaves are not reliable ways to determine ripeness. **To prepare pineapple, see page 137.**



Apples

(Front to back) **Granny Smith**—evenly round; vibrant green, glossy skin. **McIntosh**—flat oval with two-toned red and green skin. **Gravenstein**—large round shape; skin is greenish yellow streaked with red. **Red Delicious**—tapering shape with five nodules at base; striped light red to vivid or dark red color. **Golden Delicious**—elongated oval; faint green to yellow color sometimes blushed.

Selecting: Choose apples that are firm and have good skin color for the variety. The skin should be reasonably free of spots and bruises. Refrigerate apples in the produce keeper or in sealed plastic bags.

Useful hints: McIntosh and the three green varieties are good uncooked, cooked, or baked. Red Delicious are for eating fresh or for salads. Treat cut fruit with ascorbic acid color keeper; or dip fruit in a lemon juice/water mix.



Pears

(Clockwise from back left) **Bartlett**—bell-shaped; yellow (sometimes blushed), smooth skin. **D'Anjou**—short neck and oval to globe shape; yellow, yellow-green, or green skin sometimes russeted. **Comice**—near-round shape; greenish yellow skin sometimes russeted or blushed. **Bosc**—long, tapered shape; dark yellow skin covered with russet. **Seckel** *(front)*—small; greenish yellow skin with areas of russet or blush.

Selecting: Pears develop the best flavor and texture when ripened off the tree. (Tree-ripened fruit is coarse, woody, or gritty.) Choose sound pears without cuts or bruises. Russeting is characteristic. To ripen, let pears stand at room temperature.

Useful hints: All these are good uncooked or cooked. Treat with ascorbic acid color keeper or lemon juice/water mix.

continued on page 137.

BARBECUE USA

The flavor's as close as the Campbell's Soup and Lea & Perrins Sauce on your shelf.



Recipe doubled for photograph

Nice 'n Spicy Barbecue Sauce

½ cup chopped onion
2 tablespoons butter or margarine
2 cans (10¾ ounces each) Campbell's Tomato Soup
½ cup brown sugar
⅓ cup Lea & Perrins Worcestershire sauce
2 to 4 tablespoons hot sauce
1 tablespoon prepared mustard
1 tablespoon vinegar
¼ teaspoon ground cloves

To make sauce: In saucepan, cook onion in butter until tender. Stir in remaining ingredients. Simmer 5 minutes; stir often. Makes about 3½ cups.

Spareribs: In large heavy pan, cover 3 pounds spareribs cut in serving-size pieces with water. Simmer 1 hour; drain. Arrange in single layer in 2½-quart baking dish (13 x 9 x 2"). Spoon 2 cups sauce over spareribs.

Chicken: In oven-proof skillet, brown 2 pounds chicken parts in 2 tablespoons shortening; pour off fat. Spoon remaining sauce over chicken. Bake along with spareribs at 450° F. for 30 minutes or until done. Makes 6 servings.

Outdoor Method: Spareribs: Precook spareribs as above. Place on grill 6 inches above glowing coals. Cook 30 minutes, turning and brushing with sauce every 5 minutes.

Chicken: Brush chicken with salad oil; place on grill skin side up 6 inches above glowing coals. Cook 45 minutes or until done, turning and brushing with sauce every 5 minutes.



A summer of good eating with Campbell's And Lea & Perrins



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CANNED FISH ENTREES AND WHOLE GRAIN BREADS

Are you a whiz at creating savory main dishes with canned fish or seafood products? Do you like to incorporate whole grains into your favorite bread recipes? Send us your recipes—you could win next January! Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next January. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Canned Fish Entrées

Your main dish entry might be a casserole, sandwich, filled omelet, soufflé, or hearty pasta sauce that contains any type of canned fish or seafood. Tips: **oyster-stuffed cannelloni, shrimp-broccoli risotto, creamy tuna noodle soup.**

Whole Grain Breads

Any quick or yeast bread recipe that calls for whole grains such as wheat, rye, soy, or oat flour, wheat germ, or whole grain cereals is eligible. Hints: **peanut butter bran rolls, orange-oatmeal braid, whole wheat-date waffles.**

THIS MONTH'S WINNERS

(See recipes on pages 133 and 134.)

Cooks-of-the-Month

Ms. Carley Lindsay, Iowa City, Ia.
Mary Ann Skidmore, Kalamazoo, Mich.

Runners-up

Mrs. Kenneth D. Kelewae, Massillon, Ohio
Gayle Lennon, Southampton, N.Y.
Anna F. Miller, Cheyenne, Wyo.
Mrs. Flora B. Rippstein, Apple Valley, Calif.

Honor Roll

Nancy Aitken, South Lake Tahoe, Calif.
Mrs. Howard H. Bankhurst, Hudson, Ohio
Barbara S. Blount, Hilton Head Island, S.C.
Mrs. Robert T. Dicke, Sheboygan, Wis.
Barbara Daniels, Lebanon, Ore.
Eileen Ginsburg, Warrington, Pa.
Mrs. A. Kanakaraj, Dobbs Ferry, N.Y.
Tonita McKay, Bruneau, Idaho
Pamela R. Scott, St. Charles, Ill.
Mrs. Elston G. Zaruba, Perry, Ia.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark** "January Canned Fish Entrées" or "January Whole Grain Breads."
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation** the right to use it in any manner as long as we wish.
5. **Entries must be postmarked by midnight, June 30. When** duplicate recipes are submitted, the earliest postmarked will be judged.
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7906 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



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FOOD

Choosing and using sprouts

Most people think of sprouts as an ingredient for Oriental recipes. But these versatile vegetables can be added to a variety of dishes to boost flavor and add texture.

There are several different types of sprouts, each with a unique look and taste. The most common are *mung (Chinese) bean sprouts*, which are white, juicy, and mild-flavored. They're usually available both fresh and canned in supermarkets and Oriental food shops. *Alfalfa sprouts* are another common type of sprout. They are available fresh and have a faint green color with a sweet nutty flavor. Besides mung bean and alfalfa sprouts, *lentil* (with a peppery flavor), *soybean* (nutty and crisp), *fenugreek* (spicy), *red clover* (similar to alfalfa sprouts in flavor), and *whole wheat* (slightly sweet) sprouts are sold in specialty food shops.

To get acquainted with sprouts, try some of the ideas below. Then put your imagination to work and improvise your own recipes.

- Sprinkle sprouts over soups as a garnish.
- Add sprouts to enhance your favorite hamburger, meatball, or meat loaf mixtures.
- Use sprouts as a crunchy topping for sandwiches in place of lettuce.
- Add sprouts to coleslaw or potato salad.
- Chop sprouts, then add them to dips for a party snack.
- Mix sprouts and cottage cheese for a spunky salad.
- Use sprouts as one of the vegetables in stew. Add them just before serving.
- Spark up hash browned potatoes or potato pancakes with sprouts.
- Use sprouts in main dish omelets or scrambled eggs.
- Jazz up frozen vegetables by adding sprouts to the cooking liquid about 2 minutes before the vegetables are done.
- Top tacos or tostadas with bean sprouts rather than lettuce.
- Use sprouts in place of celery to add crunch to sandwich fillings such as chicken, egg, or tuna salad. ■



Rice makes any meal more appealing, more delicious and more economical. It's a great extender. And, you can use rice in almost anything—casseroles, soups, salads, even desserts.

So tonight, or anytime you want a simple-to-make, good-tasting meal—remember rice. Then see what's hiding in your cupboard.

Simply Elegant Steak and Rice

1½ pounds tenderized boneless beef round steak
1½ tablespoons vegetable oil
2 large onions, cut in ½-inch slices and separated into rings
1 can (4 ounces) sliced mushrooms (drain; reserve liquid)
1 can (10¾ ounces) condensed cream of mushroom soup
½ cup dry sherry
1½ teaspoons garlic salt
3 cups hot cooked rice

Cut steak into thin strips. In a large skillet (oven-proof, if desired), brown meat in oil, using high heat. Add onions. Saute until tender crisp. Blend soup, sherry, liquid from mushrooms, and garlic salt. Pour over steak. Add mushrooms. Reduce heat, cover, and simmer for 1 hour or until steak is tender. (Or cover and bake at 350.º) Serve over beds of fluffy rice. Makes 6 servings.

For more easy-to-make rice recipes, write to: Rice Council of America, Dept. B, Box 22800, Houston, Texas 77027

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Get the Rice out.

Rice Council of America

HE COOKS

Albondigas Tikal





Try as you will, you can't catch Dana Woodbury idle. By day he's a journalist for Portland's *Oregonian,* and after work he spends his time collecting nostalgic memorabilia—including lunch pails. When he's not occupied with these two pursuits he's busy serving dinner guests meals he prepares himself.

Cooking is a natural for Dana, because his father owned a restaurant. Dana specializes in Mexican and South American recipes as well as East Indian curries, and calls Albondigas Tikal his favorite main dish.

"I first acquired the recipe for this dish a few years ago while traveling in the Petén rain forests of Guatemala," Dana says. He named the soup Albondigas (Spanish for meatballs) Tikal (one of the Mayan civilizations of the area). Most often Dana serves his soup for Sunday brunch with homemade corn chips.

ALBONDIGAS TIKAL

- **2 hard-cooked eggs**
- **½ cup cooked brown rice**
- **¼ cup soft bread crumbs**
- **¼ cup chopped green onion**
- **¼ cup chopped pitted ripe olives**
- **¼ teaspoon dried rosemary, crushed**
- **Dash ground cloves**
- **Dash ground cinnamon**
- **½ pound ground beef**
- **½ pound ground pork**
- **Raisins**
- **2 cups water**
- **1 10½-ounce can condensed tomato soup**
- **1 tablespoon chili powder**
- **1 teaspoon instant beef bouillon granules**
- **½ cup shredded monterey jack cheese (2 ounces)**
- **Coarsely chopped pitted ripe olives (optional)**
- **Chopped green onion (optional)**

Separate egg yolks from egg whites. Chop each separately. In a bowl combine the egg yolks, rice, bread crumbs, the ¼ cup green onion, the ¼ cup ripe olives, the rosemary, cloves, and cinnamon. Add ground beef and pork; mix well. Using 1½ tablespoons meat mixture for each meatball, wrap meat mixture around two or three raisins and shape into balls.

In a large saucepan combine water, soup, chili powder, bouillon granules, and meatballs. Bring to boiling. Reduce heat; simmer, covered, 30 minutes. Stir in chopped egg whites. To serve, ladle into soup bowls; top each serving with some of the cheese, additional olives, and chopped green onion, if desired. Makes 4 to 6 servings.

Buying information, page 185

NOW MORE MONEY FOR YOUR RECIPES!

Men—share your recipes with us. We've doubled the ante for He Cooks feature recipes. If yours is selected after January 1, 1979, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.



▲ Green Peas and Pearl Onions





▲ Carrots with Brown Sugar Glaze ▼ Green Peas with Cream Sauce





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Lipton Onion Burgers

1 envelope Lipton Onion, Beefy Onion or Beef Flavor Mushroom Soup Mix
½ cup water
2 pounds ground beef

In large bowl, combine all ingredients; mix thoroughly. Shape into 8 patties. Grill or broil until done. Top, if desired, with tomato. Makes 8 servings.

Reuben Burgers

1 envelope Lipton Onion-Mushroom Soup Mix
½ cup water
1½ pounds ground beef
½ cup shredded Swiss cheese
1 tablespoon bacon bits
½ teaspoon caraway seeds

In large bowl, combine all ingredients; mix thoroughly. Shape into 6 patties. Grill or broil until done. Top, if desired, with heated sauerkraut and additional bacon bits. Makes 6 servings.

Taco Burgers

1 envelope Lipton Onion, Beefy Onion or Beef Flavor Mushroom Soup Mix
2 pounds ground beef
½ cup finely chopped green pepper
1 medium tomato, chopped
2 teaspoons chili powder

In large bowl, combine all ingredients; mix thoroughly. Shape into 12 oblong burgers. Grill or broil until done. Serve, if desired, in taco shells or frankfurter rolls and top with lettuce, cheddar cheese and olives. Makes 12 servings.

Special Stuffed Burgers

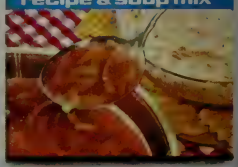
1 envelope Lipton Onion-Mushroom or Onion Soup Mix
⅓ cup water
1½ pounds ground beef
6 slices American cheese, quartered
6 slices bacon

In large bowl, combine Lipton Onion-Mushroom Soup Mix, water and ground beef; mix thoroughly. Shape into 12 patties. Arrange cheese on 6 patties; top with rema ing patties and seal edges tightly. Wrap sides with bacon and secure with wooden toothpicks. Grill or broil until done. Top, if desired, w pickles. Makes 6 servings.

Lipton® Onion • Beefy Onion • Onion-Mushroom • Beef Flavor Mushroom

Lipton.

recipe & soup mix



The soups you cook wi From Lipton.



File under Appetizers and beverages

Buying information, page 185

SUMMER SIPPERS

Raspberry Wine Patio Punch

You add carbonated lemon-lime beverage and wine to the raspberry puree base for this top-rated summer beverage—

1 lemon, thinly sliced
1 lime, thinly sliced
½ cup sugar
1 10-ounce package frozen raspberries, thawed
1 12-ounce can frozen pink lemonade concentrate, thawed
9 cups cold water
1 750-ml bottle dry white wine, chilled
2 16-ounce bottles (4 cups) lemon-lime carbonated beverage, chilled

In a small bowl combine lemon slices, lime slices, and sugar. Refrigerate at least 1 hour, stirring occasionally. In blender container or food processor blend raspberries till smooth. If desired, sieve puree to remove seeds. Combine raspberry puree, lemonade concentrate, and water; chill. At serving time, place the lemon-lime mixture in the bottom of a large punch bowl. Add raspberry mixture; blend well. Stir in wine. Slowly pour carbonated beverage down side of bowl; stir gently with an up-and-down motion. Pour over ice to serve. Makes 20 cups.

Mary Ann Skidmore, Kalamazoo, Mich.



File under Vegetables

Photographs: Dieter

BEAN SIDE DISHES

Danish Limas

First-place honors go to this elegant side dish of lima beans, celery, and onion in a rich blue cheese sauce—

2 10-ounce packages frozen lima beans
½ cup chopped celery
¼ cup chopped onion
1 cup dairy sour cream
½ cup crumbled blue cheese (2 ounces)
¼ cup chopped pimiento
4 slices bacon, crisp-cooked, drained, and crumbled

In medium saucepan cook limas, celery, and onion in boiling salted water for 10 minutes or till vegetables are tender; drain well. Stir in sour cream and blue cheese. Cook and stir over low heat till mixture is heated through and cheese is melted. *Do not boil.* Stir in pimiento. Turn mixture into serving dish. Sprinkle crumbled bacon atop. Makes 8 servings.

Ms. Carley Lindsay, Iowa City, Ia



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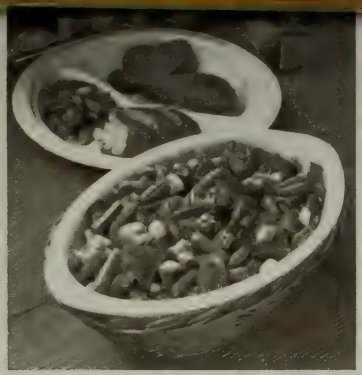


Soybeans au Gratin

1½ cups dry soybeans
1 cup chopped onion
2 tablespoons cooking oil
¼ cup whole wheat flour
¼ teaspoon *each* ground sage, dried savory, crushed, and dried thyme, crushed
1 cup shredded cheddar cheese
½ cup soft bread crumbs

Rinse beans. Bring beans and 4 cups *water* to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. (Or combine beans and the water. Cover; let stand overnight.) Bring to boiling; add onion. Reduce heat; simmer, covered, 2 hours or till tender. Drain. In saucepan heat oil; blend in flour. Add 1½ cups *water*, 1 teaspoon *salt*, and the herbs. Cook and stir till bubbly. Stir in drained beans. Pour into an ungreased 1½-quart casserole. Bake, uncovered, in a 350° oven for 15 minutes. Combine cheese and crumbs; sprinkle atop beans. Return to oven; bake, uncovered, 10 to 15 minutes more. Garnish with green pepper rings, if desired. Makes 6 to 8 servings.

Gayle Lennon, Southampton, N.Y.



Green Beans in Chutney Marinade

The sweet-sour chutney gives this dish an East Indian flavor—

2 cups fresh green beans, cut in 1-inch pieces, *or* 1 10-ounce package frozen cut green beans
¼ cup chopped chutney
2 tablespoons chopped celery
2 tablespoons sliced green onion

• • •

3 tablespoons olive *or* salad oil
2 tablespoons sugar
2 tablespoons lemon juice
½ small clove garlic, minced
¼ teaspoon salt
2 tablespoons coarsely chopped walnuts

In a medium saucepan cook beans, uncovered, in boiling salted water about 20 minutes or till crisp-tender. (Or, cook frozen beans according to package directions.) Drain. Combine beans, chutney, celery, and onion. In a small deep bowl combine oil, sugar, lemon juice, garlic, and salt; beat with rotary beater till slightly thickened. Add to bean mixture; mix well. Cover and chill. Sprinkle with nuts just before serving. Makes 6 servings.

Anna F. Miller, Cheyenne, Wyo.



Frosty Hawaiian Buttermilk Nog

This frothy blender combo tastes like pineapple sherbet in a glass—

3 cups cultured buttermilk
1 8-ounce can crushed pineapple, chilled (juice pack)
¼ cup sugar *or* honey
1 teaspoon vanilla
¼ teaspoon salt
5 ice cubes
Fresh mint leaves (optional)

Place buttermilk, *undrained* pineapple, sugar, vanilla, and salt in blender container. Cover; blend on medium speed about 30 seconds or till blended. Add ice cubes, one at a time, blending till mixture is nearly smooth and frothy. Pour into mugs or glasses; garnish each serving with a sprig of mint, if desired. Makes about 6 cups.

Mrs. Kenneth D. Kelewae, Massillon, Ohio



Lemonberry Apple Cooler

This recipe is easily halved—

6 tea bags
3 cups boiling water
2 32-ounce bottles (8 cups) cranberry juice cocktail, chilled
1 32-ounce bottle (4 cups) apple juice, chilled
1 28-ounce bottle (about 3½ cups) lemon-lime carbonated beverage, chilled
1 quart lemon sherbet

Steep tea bags in boiling water for 5 minutes. Remove bags; chill tea. In punch bowl combine chilled tea, cranberry juice cocktail, and apple juice. Slowly pour in lemon-lime beverage down side of bowl; stir gently with an up-and-down motion. Top with small scoops of the sherbet. Ladle into punch cups or tall glasses. Makes 22 cups.

Mrs. Flora B. Rippstein, Apple Valley, Calif.



Now there's even more magic in a Jell-O® BRAND Gelatin Rainbow Cake.

Raspberry Flavor JELL-O® BRAND Gelatin now tastes even raspberrier. So your Ruby Slipper will taste truly scrumptious. And for variety, try JELL-O® BRAND Gelatin's new improved cherry, lime and strawberry tastes, too.

The Ruby Slipper

1 package (2-layer size) yellow cake mix or pudding-included cake mix • 1 cup (½ pt.) sour cream • ¼ cup water • 2 eggs • 1 package (3 oz.) JELL-O® BRAND Raspberry Flavor Gelatin

Combine cake mix, sour cream, water and eggs in large bowl.* Blend, then beat at medium speed 2 minutes until creamy. Spoon ⅓ of batter into well-greased and floured 10-inch fluted tube pan. Sprinkle with ½ the gelatin. Repeat layers. Spread remaining batter over gelatin to cover. Bake at 350° for 45 to 50 minutes, until cake springs back when lightly pressed. Cool in pan 5 minutes. Remove from pan; cool on rack. Sprinkle with confectioners' sugar, if desired.

*High altitude areas: Add ½ cup all-purpose flour and increase water to ½ cup; bake for 45-50 minutes.



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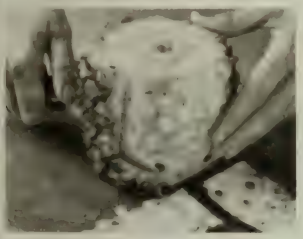
Fresh summer fruit

HOW TO PREPARE FRESH PINEAPPLE

Cutting up a fresh pineapple is not as awesome as it may seem. First, remove the crown: Holding the pineapple in one hand and the crown in the other, twist in opposite directions. Trim off



the top and base. With the pineapple upright, cut off wide strips of peel from top to bottom with a sharp knife, leav-



ing as much fruit as possible. Lay the pineapple lengthwise to remove the eyes. Following diagonal alignment of the eyes, cut out narrow wedge-shaped grooves diagonally around the fruit;



remove as little of the fruit as possible.

For spears or chunks, cut the pineapple into eighths lengthwise. Slice off the center core from each wedge. Cut fruit into desired shape.

For slices or tidbits, cut the fruit horizontally. Remove the core from each slice. For tidbits, cut the slices into ten or 12 pieces.

APRICOTS

Selecting: The fruit should be uniformly deep yellow or yellow-orange, plump, and fairly firm. Avoid fruit that is very soft, very hard, pale, or tinged with green. Since apricots are very delicate, they need a little extra TLC. Although characteristic flavor and sweetness develop on the tree, fully ripe apricots are easily damaged, so fruit is shipped slightly underripe. The fruit will mellow if placed in a closed paper bag at room temperature. Refrigerate apricots loosely covered or in a perforated plastic bag.

Useful hints: Plan to use apricots soon after you buy them. For easy peeling, immerse apricots in boiling water about 20 seconds. Remove them from the water; when they're cool enough to handle, slip off the skins.

AVOCADOS

Selecting: Size, shape, skin color and texture vary widely from one variety to another. Ripe avocados will yield to slight pressure in your hand. You can also buy firm avocados, if you like, since they will continue to ripen as bananas do. Avoid fruit with bad bruises or dark, soft, sunken spots on the rind. Ripen avocados at room temperature (for faster ripening, place them in a paper or plastic bag). Refrigerate when ripe.

Useful hints: Treat cut fruit with ascorbic acid color keeper or lemon juice mixed with water.

BANANAS

Selecting: Good-quality bananas can be green to yellow with brown spots. They should be firm and free of bruises or large blemishes. Avoid fruit with a grayish skin color, which indicates chilling injury. Continue ripening bananas at room temperature till they reach the desired stage. To retard ripening, store bananas in the refrigerator for up to several days (the skins brown but the meat is fine).

Useful hints: Lightly brown-flecked bananas are considered optimum-ripe. Mash overripe bananas to use in banana bread or other baked goods. Treat cut fruit with ascorbic acid color keeper or lemon juice mixed with water.

BLUEBERRIES

Selecting: Look for berries that are bright blue, plump, uniform in size, clean, dry, and free of leaves and stems. Overripe or over-stored berries may look dull and lifeless, and be soft and watery. Store blueberries, loosely covered, in the refrigerator for up to a week. Do not wash them till you plan to use them.

GRAPEFRUIT

Selecting: Skin color ranges from pale yellow to russet, and meat from white to pink depending on the variety. The pink ones have milder flavor. Choose fruits that are firm, well-shaped, and heavy for their size. Heaviness is a good indication of high juice content. Avoid fruit with pointed ends, or coarse or puffy, spongy skin. Most blemishes (other than decay) do not go beyond the surface and do not affect quality or flavor. Grapefruit are good "keepers"; for best results, refrigerate them, uncovered, in the produce crisper.

Useful hints: To section citrus fruit, place grapefruit, stem end up, on a cutting board and cut off peel and white membrane, working down from



the top of the fruit. Holding the fruit over a bowl to catch the juices, remove the sections: cut into the center of the fruit between one section and the membrane. Turn the knife and slide it down the other side of the section next to the membrane. Remove any seeds.

continued on page 140

The Grand Hamburger...

Great hamburgers begin from within. With a dash of Miracle Whip, The Bread Spread, swirled right into your favorite burger recipe. But top 'em off with a savory sauce made with The Bread Spread, and the great hamburger... goes simply grand!



For the Great Hamburger...

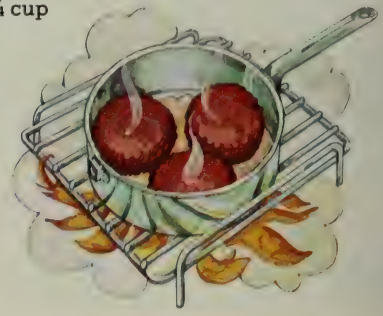
Add 2 tablespoons Miracle Whip salad dressing to 1 lb. ground beef. Mix well; shape into patties, cook

Now for the Grand Hamburger...

Spread on Miracle Whip all by itself, or try...

The Grandtopper

Combine ½ cup Miracle Whip salad dressing, 2 tablespoons catsup, 1 tablespoon chopped onion and 1 tablespoon sweet pickle relish; mix well. Chill. Serve over hamburgers. ¾ cup





And now The Bread Spread has found a way to have your burger picnic follow you everywhere, with the handy Picnic Pack from Kraft.

It cooks. Includes 4 strong aluminum pans (approximately 9" in diameter and 2" deep), plus one with a detachable handle that converts to a skillet.



It serves. Doubles as 5 ample-sized dishe

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continued from page 137

Fresh summer fruit

SWEET CHERRIES

Selecting: Cherries should be ripe when you buy them. Look for cherries that are firm and plump; stems should have a green cast. Color may be light to bright red or blackish red depending on the variety. Avoid fruit that is leaky, sticky, soft, or shriveled, or that shows signs of decay. Underripe fruit will be hard and light in color. You can store cherries, lightly covered, in the refrigerator up to several days.

NECTARINES

Selecting: Like peaches, nectarines can be freestone or clingstone. Since many varieties turn red before they're mature, color is not a good indication of ripeness. Look for plump fruit that is firm to slightly soft. Avoid very hard, green, dull, or shriveled fruit, as well as ones with cracks, punctures, or bruises. Russeting on the skin does not affect quality. You can let fruit that is slightly underripe mellow at room temperature; refrigerate ripe fruit up to a few days. Because nectarines are delicate, do not stack fruit more than two deep.

ORANGES

Selecting: Navel and Valencia are the main varieties. Navels are seedless and slightly thick-skinned, and are easy to peel and segment. Valencias have a few seeds, smooth skin, and thin membranes. Oranges should be heavy for their size (a sign of juiciness), firm, and have smooth skins. Color is not a good sign of ripeness; an orange can have green areas and still be ripe. Avoid soft, dry, or spongy fruit.

Useful hints: Navel oranges are best for out-of-hand eating, while Valencias are best for juice and cooking. To section oranges, see hints for grapefruit.

PEACHES

Selecting: The best quality peaches are fairly firm or a little soft to the touch with a background skin color that is creamy white or yellow. Red skin blush is dependent on the variety and doesn't indicate ripeness. Peaches that are very hard or that have green areas are immature and will never ripen satisfactorily. However, mature peaches will mellow if you let them stand at room temperature. Once peaches are ripe, refrigerate them and use them within a few days. Peaches are very fragile, so careful handling is a must; avoid stacking them more than two layers deep.

Useful hints: Cut peaches must be treated with ascorbic acid color keeper or lemon juice mixed with water to prevent discoloration. For easy peeling, see apricot hints.

RASPBERRIES

Selecting: Choose berries that look plump, bright, and fresh. Berries with all cells showing a normal ripe color have much better flavor than ones with green or off-color cells. Berries with caps attached are usually underripe. Avoid berries that are soft, leaky, or shriveled. Berries are very delicate and should not be washed until you're ready to use them. Refrigerate them, loosely covered, for no more than one or two days.

STRAWBERRIES

Selecting: Berries should be bright red with few green or white areas. The caps and berries should look fresh and clean; berries should be plump. Size of berries differs with the variety and is not a sign of flavor or quality. Strawberries are very perishable and should be used as soon as possible—refrigerate them, loosely covered, for no more than a few days. Do not wash strawberries till you're ready to use them.

Useful hints: For easy hulling, use a tweezer-like strawberry huller to pinch off the green caps.

FRUIT AND CHEESE MOLD

Do not use fresh pineapple, papaya, or kiwi; these fruits contain an enzyme that breaks down the gelatin—

Fruit options: Sliced or cut-up apples, apricots, avocados, bananas, cantaloupe, honeydew, mangoes, nectarines, peaches, pears, plums; halved, pitted dark sweet cherries, grapes, or strawberries; grapefruit or orange sections; whole blueberries or raspberries.

1 6-ounce package lemon-flavored gelatin
2 cups boiling water
1 cup dry white wine
1 tablespoon lemon juice
1 cup dairy sour cream
2 cups desired fresh fruit
½ cup shredded cheddar, Swiss, *or* monterey jack cheese (2 ounces)

In bowl dissolve gelatin in boiling water; stir in wine and lemon juice. With rotary beater, gradually blend gelatin mixture into sour cream. Chill till partially set (consistency of unbeaten egg whites). Fold in desired fruit and cheese. Turn into a 5½- or 6-cup mold. Chill gelatin mixture till firm, at least several hours or overnight. Makes 8 servings.

FRUIT BRAN MUFFINS

Adjust the amount of sugar you use to the tartness of the fruit—

Fruit options: Chopped apples, apricots, bananas, nectarines, peaches, or plums (peel apples, bananas, and peaches); halved dark sweet cherries; whole blueberries or raspberries.

1½ cups whole bran cereal
1 cup milk
1 egg
¼ cup cooking oil
1 cup all-purpose flour
¼ to ⅓ cup sugar
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon finely shredded lemon peel
½ teaspoon ground cinnamon
1 cup desired fresh fruit

In small bowl combine bran and milk; let stand 3 minutes or till liquid is absorbed. Stir in egg and oil; set aside. In separate bowl stir together flour, sugar, baking powder, soda, salt, lemon peel, and cinnamon. Add bran mixture all at once, stirring just till moistened (batter will be thick). Fold in fruit. Fill greased or paper-bake-cup-lined muffin pans ⅔ full. Bake in 400° oven for 20 to 25 minutes. Makes about 15 muffins.

CHEF'S-CHOICE SALAD

Fruit options: Any fruit works well in this summer-fresh entrée. Cut up or slice larger fruits; halve and pit cherries.

continued



Fresh, as if J. L. Kraft had delivered it himself.

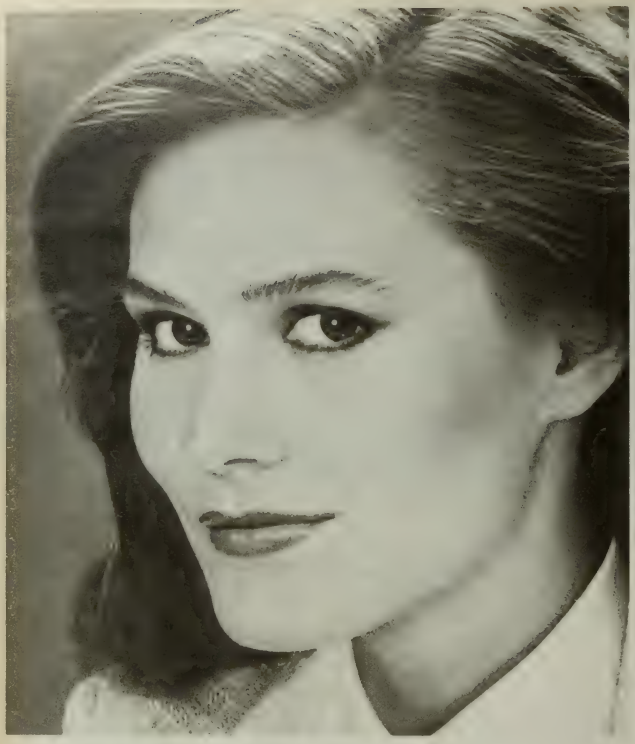


Good things from the Kraft wagon had a reputation for coming full of freshness. That's why Kraft natural cheddars and colbys all carry the wagon symbol today. Kraft sharp cheddars deliver freshness with exceptional flavor in recipes like this zucchini and macaroni bake. Or, go with mild colby for snacking and add a bright, fresh taste to crackers or fruit. Whether you prefer Kraft mild or sharp cheddar or Kraft colbys—in the clear wrapper or in the traditional wax-dipped package—the wagon symbol means they live up to the freshness that J. L. Kraft delivered himself.

America spells cheese KRAFT.

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continued

Fresh summer fruit

⅓ cup honey
1 teaspoon paprika
1 teaspoon dry mustard
¼ teaspoon salt
• • •
¼ cup white wine vinegar
½ cup salad oil
2 teaspoons toasted sesame seed
3 cups desired fresh fruit
• • •
6 cups torn greens
12 ounces cooked chicken, turkey, beef, *or* ham, cut in strips
1 cup cubed American, Swiss, brick, *or* mozzarella cheese (4 ounces)

In small mixer bowl combine honey, paprika, mustard, and salt. Stir in wine vinegar. Add salad oil in a slow steady stream, beating constantly with electric mixer or rotary beater about 3 minutes or till thick. Beat in sesame seed. Fold in fresh fruit. Cover and refrigerate several hours. To serve, arrange greens, cooked meat, and cheese on individual serving plates. Spoon fruit mixture and dressing over. Makes 6 servings.

FREEWHEELING COFFEE CAKE

Nuts and flour are cut into butter for the streusel-like topping—

Fruit options: Chopped apples, apricots, bananas, nectarines, peaches, pears, pineapple, or plums (peel all but apricots and nectarines); sliced strawberries; orange sections; blueberries, blackberries, or raspberries. (Sieve the blackberries and raspberries, if desired.)

4 cups fresh fruit
1 cup water
• • •
2 tablespoons lemon juice
1¼ cups sugar
⅓ cup cornstarch
• • •
3 cups all-purpose flour
1 cup sugar
1 tablespoon baking powder
1 teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon ground mace
1 cup butter *or* margarine
2 slightly beaten eggs

continued

Imagine what it tastes like to dunk a strawberry in cheesecake.



agine how delicious it uld be. That's just how it'll ste when you make a batch Cheesecake Creme.

d Cheesecake Creme is a easier to make than you ght imagine. Just stir up a wl of Kraft marshmallow eme and Philadelphia and cream cheese. Then nk.

spoon it over some fresh ueberries, a dish of peaches, piece of pound cake, topped th a few banana slices.

st imagine Cheesecake eme. Nothing this good ould be this easy.



Cheesecake Creme

1 7-oz. jar KRAFT Marshmallow Creme
1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese

Combine marshmallow creme and softened cream cheese; mix until well blended. 2 cups.

Variation: Add 1 tablespoon orange juice and 1 teaspoon grated orange rind to mixture.

Look for Kraft marshmallow creme in the baking goods or ice cream toppings section of your favorite grocery store.

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will wait in the hot water up to thirty minutes more without overcooking. Success waits for you. And be careful; perfect rice can get you hooked on everything from seafood to side dishes.

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continued

Fresh summer fruit

1 cup milk
1 teaspoon vanilla

• • •

½ cup sugar
½ cup all-purpose flour
¼ cup butter *or* margarine
½ cup chopped walnuts

In a saucepan combine fruit and water. Simmer, covered, about 5 minutes or till fruit is tender. Add lemon juice. Mix the 1¼ cups sugar and the cornstarch; stir into fruit mixture. Cook and stir till thickened and bubbly. Cool. In mixing bowl stir together the 3 cups flour, the 1 cup sugar, the baking powder, salt, cinnamon, and mace. Cut in the 1 cup butter or margarine till mixture resembles fine crumbs. Combine eggs, milk, and vanilla. Add to dry ingredients, mixing till blended. Divide batter in half. Spread *one-half* of the batter in two greased 8x8x2-inch baking pans or one 13x9x2inch baking pan. Spread the cooled fruit mixture over the batter. Spoon the remaining batter in small mounds over filling, spreading out as much as possible. Combine the remaining ½ cup sugar and the ½ cup flour. Cut in the ¼ cup butter or margarine till mixture resembles coarse crumbs; add nuts. Sprinkle nut mixture over batter in pan. Bake in 350° oven 40 to 45 minutes for 8x8-inch pans; 45 to 50 minutes for 13x9-inch pan or till cake tests done. Cool. Cut into diamonds or squares.

OCCIDENTAL STIR-FRY

For best stir-fry results, the oil should be heated till a drop of water sizzles—

Fruit options: Sliced apricots, avocados, kiwis, mangoes, nectarines, papaya, peaches, and plums (don't peel nectarines and plums); halved dark sweet cherries or grapes; cubed cantaloupe, casaba, crenshaw or honeydew.

4 teaspoons sugar
1 tablespoon cornstarch
½ teaspoon ground ginger
¼ teaspoon dry mustard
Dash pepper
½ cup chicken broth
2 tablespoons soy sauce
1 tablespoon lemon juice

continued

SQUEEZE PARKAY Margarine won't slide off the cob.







SQUEEZE PARKAY Margarine spreads so easily. There's never a rip or slip. It's the convenient way to spread that delicious creamy PARKAY flavor on anything you make. From vegetables to muffins, to toast and potatoes.

Ah...the ease of SQUEEZE PARKAY.

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continued

Fresh summer fruit

2 tablespoons cooking oil
1 medium onion, sliced
1 cup bias-sliced celery
1 pound shrimp, peeled and cleaned
2 cups desired fresh fruit

In bowl combine sugar, cornstarch, ginger, mustard, and pepper. Stir in chicken broth, soy sauce, and lemon juice. Preheat oil in wok or skillet over high heat; stir-fry onion and celery 3 minutes or till vegetables are crisp-tender. Remove vegetables to a bowl. If necessary, add 1 tablespoon more oil to wok. Add shrimp to wok; stir-fry 7 to 8 minutes or till shrimp are cooked. Push shrimp away from center of wok or skillet. Stir chicken broth mixture; pour into the center of wok. Cook and stir till thickened and bubbly. Stir in vegetables, fruit, and shrimp; cook, covered, 1 to 2 minutes or till heated through. Makes 4 servings.

CHICKEN WITH CURRIED FRUIT

Use the higher level of brown sugar with tarter fruit—

Fruit options: Sliced, peeled apples, bananas, kiwis, peaches, or pears; sliced unpeeled apricots, nectarines, plums, strawberries; halved pitted dark sweet cherries; orange sections; cubed pineapple.

1 3-pound broiler-fryer chicken
Cooking oil
Salt and pepper
• • •
¼ cup finely chopped onion
¼ cup finely chopped green pepper
1 teaspoon curry powder
2 tablespoons butter *or* margarine
1 to 3 tablespoons brown sugar
1 tablespoon cornstarch
2 teaspoons instant chicken bouillon granules
¼ teaspoon salt
¾ cup water
• • •
1½ cups desired fresh fruit

Skewer neck skin to back of chicken. Tie legs to tail; twist wings under back. Place bird, breast side up, on a rack in a shallow roasting pan. Brush with cooking oil. Season with salt and pepper. Roast, uncovered, in 375° oven for 1¼ to 1½ hours; baste with drippings occasionally. Meanwhile, in saucepan cook onion, green pepper, and curry powder in butter or margarine till vegetables are tender. Stir in brown sugar, cornstarch, chicken bouillon granules, and salt. Blend in water. Cook and stir till mixture is thickened and bubbly. Brush over chicken the last 10 to 15 minutes of roasting. Just before serving, stir fruit into remaining brown sugar mixture. Simmer, covered, 5 to 10 minutes or just till fruit is heated through. Do not overcook. Spoon some of the sauce over chicken; pass remaining sauce. Makes 4 servings.

HARVEST MEATBALLS

The meatballs boast an even mix of ground beef and pork sausage—

Fruit options: Sliced or cubed apples, cantaloupe, casaba, crenshaw, honeydew, kiwis, mangoes, nectarines, papayas, peaches, or pineapple; or halved grapes.

1 beaten egg
¼ cup milk
¾ cup soft bread crumbs (1 slice bread)
¼ cup chopped onion
½ teaspoon salt
¼ teaspoon ground cinnamon
Dash pepper
½ pound ground beef
½ pound bulk pork sausage
• • •
¾ cup long-grain rice
1½ cups chicken broth
2 tablespoons snipped parsley
¼ teaspoon ground cinnamon
• • •
¼ cup butter *or* margarine
¼ cup packed brown sugar
1½ to 2 cups desired fresh fruit
1 tablespoon cornstarch
¼ cup cold water
¼ cup lemon juice
¼ cup sliced almonds

In a bowl combine beaten egg and milk. Stir in bread crumbs, onion, salt, the first ¼ teaspoon cinnamon, and the pepper. Add ground beef and sausage; mix well. Shape into 20 meatballs. Place in a shallow baking pan. Bake, uncovered, in 350° oven for 30 minutes or till done. Drain meatballs on paper towels. Meanwhile, in medium saucepan combine rice, chicken broth, parsley, and the remaining cinnamon. Bring to boiling; reduce heat. Cover and simmer 15 minutes or till rice is tender. In a 10-inch skillet melt butter or margarine. Stir in brown sugar till blended. Add desired fruit; cook 2 minutes or till fruit is warm and glazed. Blend together cornstarch and water; stir into fruit mixture. Cook and stir till thickened and bubbly. Stir in lemon juice. To serve, spoon rice mixture onto platter. Place drained meatballs atop rice; spoon fruit sauce over meatballs. Garnish with almonds and parsley, if desired. Makes 4 servings.

FRUITED SPARERIBS

Loin back spareribs cost a little more but are generally meatier than other pork spareribs—

Fruit options: Sliced apples, apricots, kiwis, nectarines, mangoes, papayas, peaches, pears, or plums (don't peel apricots, nectarines, and plums); cubed pineapple; orange sections.

4 pounds meaty pork spareribs, cut in 2-rib sections
1 teaspoon salt
⅛ teaspoon pepper
• • •
½ cup chopped onion
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2 tablespoons butter *or* margarine
3 tablespoons brown sugar
2 tablespoons cornstarch
½ teaspoon salt
2 cups apple juice
¼ cup vinegar
3 cups desired fresh fruit

Sprinkle spareribs with the 1 teaspoon salt and the pepper. Place ribs, meaty side down, in a shallow roasting pan. Bake, uncovered, in 450° oven for 30 minutes. Remove from oven; drain off fat. Turn ribs meaty side up. Lower oven temperature to 350°; continue baking 1 hour more. Drain off fat. Meanwhile, in a saucepan cook onion, cinnamon, and nutmeg in butter or margarine till onion is tender. Stir in the brown sugar, cornstarch, and the remaining salt. Blend in the apple juice and vinegar. Cook and stir till thickened and bubbly. Add fruit to ribs. Pour sauce over all. Bake 20 to 30

continued



Good Ideas Keep Popping Up.



Packing a picnic? Include these totable ideas made with Velveeta process cheese spread from Kraft. Put together a colorful snack tray of cubes of Velveeta process cheese spread skewered on pretzel sticks, plus mini-kabobs of Velveeta, fruit, and ham, and slices of Velveeta on crackers. Then give frankfurters and hamburgers an extra layer of hearty flavor—Velveeta process cheese spread melts quickly and easily, which is great for outdoor grilling. And for a new kind of green salad, toss chopped broccoli, celery, onion, pimiento and hard-cooked egg with cubes of Velveeta and salad dressing. These pick-of-the-picnic Velveeta ideas are another reason America spells cheese KRAFT.

No wonder Velveeta is so popular.

KRAFT

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We start with the delicious flavor of tender country ham . . . add a sprinkle of brown sugar . . . nutmeg, cloves . . . and just a pinch of spices. Try country-style ham flavor Treet for tomorrow's breakfast, and you'll agree it's a real change of taste.



YOU KNOW IT'S GOOD IF IT'S ARMOUR

continued

Fresh summer fruit

minutes longer or till meat and fruit are tender. Spoon some sauce from roasting pan over fruit before serving, if desired. Makes 6 servings.

GRANOLA FRUIT CRISP

If the fruit is very ripe or juicy, toss the prepared fruit with 1 to 2 tablespoons flour—

Fruit options: Sliced peeled apples, apricots, peaches, or bananas; sliced unpeeled nectarines, or pears; cubed mangoes, papayas, or pineapple tidbits.

½ cup whole wheat flour
½ cup granola cereal
⅓ cup packed brown sugar
½ teaspoon salt
6 tablespoons butter *or* margarine

• • •

6 cups desired fresh fruit
¼ cup orange juice
1 tablespoon lemon juice
⅓ cup granulated sugar

In bowl combine whole wheat flour, granola, brown sugar, and salt; cut in butter or margarine till mixture resembles coarse crumbs. Set aside. Arrange fruit in a 10x6x2-inch baking dish. Combine orange and lemon juices; pour over fruit. Sprinkle with the granulated sugar. Top with granola mixture. Bake in 375° oven for 30 to 35 minutes. Serve warm with ice cream, if desired. Makes 6 servings.

ANY FRUIT SHERBET

Peel and slice or chop the fruits, as needed. Puree the fruits in a blender container or food processor; sieve berries to remove seeds, if desired—

Fruit options: Apricots, avocados, bananas, blackberries, blueberries, dark sweet cherries, melons, nectarines, papayas, peaches, pears, pineapple, plums, raspberries, or strawberries.

1 envelope unflavored gelatin
½ to ¾ cup sugar
Dash salt
½ cup water

continued

Coffee Breaks

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Cream Cheese Brownies*

Share a cup of Maxwell House® Coffee and this brownie recipe with your good friend.

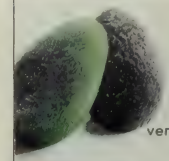
1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
5 tablespoons butter or margarine
1 package (3 oz.) cream cheese, softened
1 cup sugar
3 eggs
1 tablespoon all-purpose flour
1½ teaspoons vanilla
½ teaspoon CALUMET® Baking Powder
¼ teaspoon salt
½ cup all-purpose flour
½ cup coarsely chopped nuts

Melt chocolate and 3 tablespoons of the butter in a small saucepan over very low heat, stirring constantly. Cool. Blend remaining butter with cheese until softened. Gradually add ¼ cup of the sugar, beating well. Blend in 1 egg, 1 tablespoon flour and ½ teaspoon vanilla. Set aside.

Beat remaining 2 eggs until thick and light in color. Gradually add remaining ¾ cup sugar, beating until thickened. Add baking powder, salt and ½ cup flour. Blend in cooled chocolate mixture, nuts and 1 teaspoon vanilla. Spread about half of the chocolate batter in greased 8- or 9-inch square pan. Add cheese mixture, spreading evenly. Top with tablespoonfuls of remaining chocolate batter. Zigzag a spatula through batter to marble. Bake at 350° for 35 to 40 minutes, or until top springs back when lightly pressed in center. Cool. Cut into bars or squares. Makes 16 to 20.

*For more "Coffee Break" recipes, send your name and address to: Coffee Break Recipe Offer, P.O. Box 3064, Kankakee, Ill. 60901.

A Few Simple Lessons about Avocados from Kraft.



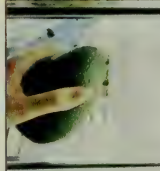
Black skinned, or green? It doesn't matter. Inside they're always the very delicious same.



Avocados ripen faster in a tightly closed brown paper bag.



When an avocado yields to gentle pressure, it's ripe and ready to enjoy.



Uncut ripe avocados can be stored in the refrigerator for several days.



Once sliced, prevent darkening by brushing all cut surfaces with lemon or lime juice.



continued

Fresh summer fruit

2 cups desired fresh fruit puree
1 13-ounce can (1⅔ cups) evaporated milk
• • •
2 egg whites
¼ cup sugar

In saucepan combine gelatin, the ½ cup to ¾ cup sugar (depending on sweetness of fruit), and the salt. Stir in water; heat and stir till gelatin dissolves. Stir in fruit puree and milk. Turn into a 9x9x2-inch pan; cover and freeze firm. In small mixer bowl beat egg whites to soft peaks (tips curl over); gradually add the ¼ cup sugar, beating to stiff peaks (tips stand straight). Break frozen mixture into chunks; turn into large chilled mixer bowl. Beat with electric mixer till fluffy. Fold in egg whites. Return to pan; cover and freeze firm. Let stand a few minutes before serving, if necessary. Makes about 1½ quarts.

PICK-A-FRUIT PIE

For best flavor results, use fully ripe fruit—

Fruit options: Sliced peeled apples, peaches, pears; sliced unpeeled nectarines and plums; blueberries or raspberries.

¾ to 1 cup sugar
2 tablespoons quick-cooking tapioca
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Dash salt
• • •
2 cups desired fresh fruit (3 cups if apples are used)
1 cup orange sections *or* pineapple tidbits
1 cup seedless green grapes, halved
1 tablespoon lemon juice
• • •
Pastry for two-crust 9-inch pie

In mixing bowl combine sugar, tapioca, cinnamon, nutmeg, and salt. Add fruit and lemon juice; toss. Let fruit mixture stand 15 minutes. Meanwhile, on floured surface prepare and roll out *half* the pastry to a 13-inch circle. Line a 9-inch pie plate with pastry circle; trim pastry to within ½ inch of edge. Turn fruit mixture into pastry-lined pie plate. Roll out remaining pastry to 10x3-inch rectangle; cut lengthwise into six ½-inch-wide strips. Place strips atop filling in spoke fashion. Trim, seal, and flute edge. To prevent overbrowning, cover edge of pie with foil. Bake in 375° oven for 25 minutes. Remove foil; bake 25 to 30 minutes longer or till golden. Cool on wire rack before serving. Garnish with additional fruit, if desired.

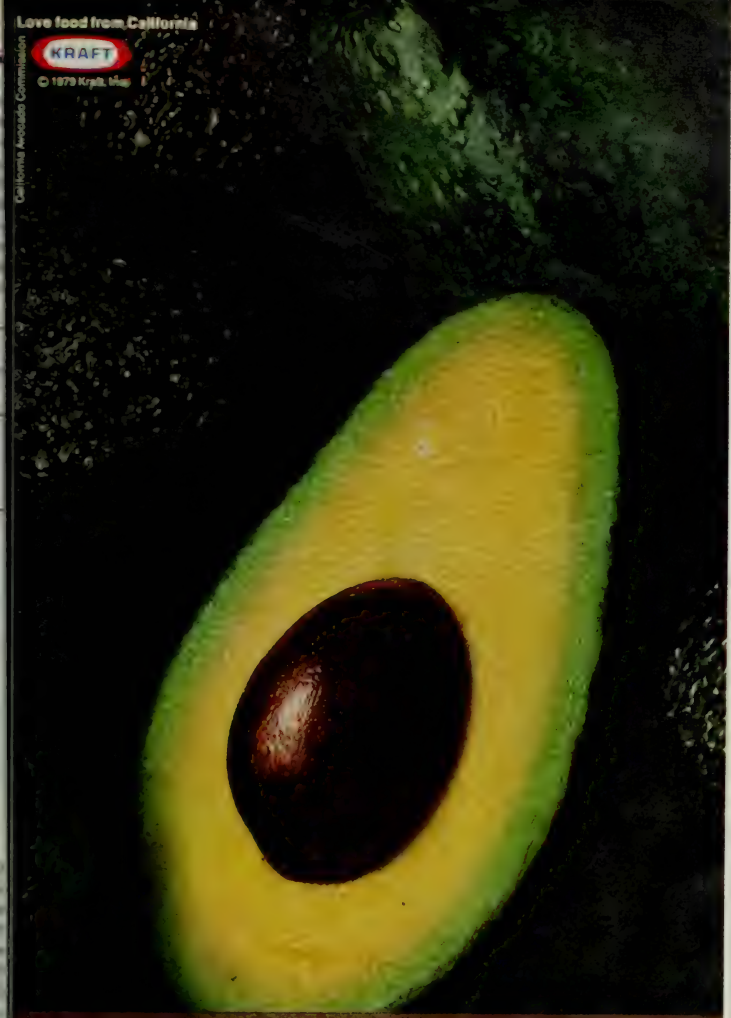
FRESH FRUIT TRIFLE

Match the fruit and jam or preserves to suit your taste—

Fruit options: Sliced apricots, bananas, nectarines, peaches, pears, or strawberries; cubed mangoes, papayas, or pineapple.

2 cups desired fresh fruit
8 cups sponge cake cut in ½-inch cubes
¼ cup sherry
½ cup desired jam *or* preserves
• • •
2 eggs
1 egg yolk
1¾ cups light cream
¼ cup granulated sugar
• • •
1 egg white
1 tablespoon powdered sugar
½ cup whipping cream
¼ teaspoon vanilla

Sprinkle *lemon juice* over cut fruits that darken such as peaches, pears, and bananas. Place *half* of the cake cubes in the bottom of a 2- to 2½-quart bowl or soufflé dish. Sprinkle *half* the sherry over cake in bowl. Cover with jam. Layer desired fruit atop. Top with remaining cake cubes. Sprinkle remaining sherry over. In saucepan beat eggs and yolk. Stir in cream and granulated sugar. Cook and stir till custard coats a metal spoon. Remove from heat. Place pan at once in a bowl of ice water; cool, stirring occasionally. Spoon cooled custard over cake. Beat egg white to soft peaks (tips curl over). Gradually add powdered sugar, beating to stiff peaks (tips stand straight). Whip cream with vanilla; fold into egg white. Pile whipped cream mixture atop custard. Cover and refrigerate at least 6 hours or overnight. Garnish with additional fresh fruit, if desired. Makes 10 to 12 servings. ■



THE AVOCADO

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CALIFORNIA AVOCADO REFRESHER

- 1 cup watermelon balls
- 1 cup cantaloupe balls
- ½ cup honeydew melon chunks
- ½ cup celery slices
- Lettuce
- 2 California Avocados, peeled, halved
- 2 tablespoons crumbled blue cheese
- 8-oz. bottle KRAFT French Dressing

Combine melon and celery; mix lightly. Place avocado halves on individual lettuce-covered plates. Fill with fruit mixture. Top with blue cheese. Serve with dressing. 4 servings



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COCKTAILS FOR TWO®

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FOOD

How to steam vegetables

Ever try steam cooking? It's a favorite Oriental method of cooking that preserves the natural flavor and nutrients of vegetables.

Kinds of steamers

There are three basic types of steamers: bamboo, aluminum, and electric. Bamboo steamers consist of several tiers of racks and will fit a 14-inch wok. Aluminum steamers include complete pan and rack units or steamer racks that can be set into a saucepan. Electric steamers are usually multipurpose appliances.

How to improvise

With just four basic elements you can design your own unit. First, you'll need a *large kettle* (or an electric skillet with a domed lid) for your steamer container. The simplest device to support the food above the water is a *metal can* about three inches high and four inches in diameter, with top and bottom removed. You place a *wire rack* on top of the can about 1½ inches above the water. Then place a *cooking/serving dish* on the rack.

How to steam

- Heat water in a covered pan to boiling. Be sure the water doesn't touch the dish resting on the rack.
- Use a serving bowl to cook the vegetables. Steam heat is not hot enough to damage even good china.
- To maintain an even steam, reduce the heat once the steaming process starts. Cook vegetables, covered, just till tender-crisp. "Peek" check as little as possible so steam won't escape.

Precautions

- Be sure to check the water level, refilling with *boiling* water.
- Steam can burn. Remove the lid by tilting it away from you.
- Always use hot pads and remove hot dishes very carefully.
- When steaming on several levels, remember the bottom layer cooks faster. Put larger items in the bottom or rotate the layers. ■

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An herb expert shares her

SEASONING SECRETS

BY ROSEMARY HUTCHINSON

THESE PEOPLE KNOW FOOD

The Herb Lady, Amityville, New ork—that's how folks who don't know irginia Colby's name often address eir letters to her. Virginia's mailbox is ways full because she is Amityville's sident herb expert. She can tell you e do's and don'ts for all types of erbs, from kitchen favorites such as ge to exotic plants such as lovage (it as a celery-like flavor).

Love of herbs and herb growing has ways been part of Virginia's life. As a ild, she often strolled with her randfather through the Brooklyn useum herb gardens. "I can just see m now—a big, rugged man who loved ants," Virginia recalls. "He would give e an impromptu talk on each herb and ub some of the plant between his ngers so I could catch the scent."

But it wasn't until Virginia and her usband Andrew moved into their 150-ear-old farmhouse that she was able to egin growing herbs in earnest. "I arted planting culinary herbs because liked to cook," she says. Then when a difficult pregnancy confined her to bed, irginia really delved into the subject. n order to maintain my sanity, I picked p a book on herbs put out by the rooklyn Botanical Gardens. After that I ad every pamphlet and book I could n the subject."

Over the years Virginia has expanded er garden. Today she plants a 30x18-ot semiformal herb garden with as any as 70 different kinds of plants utdoors as well as maintaining a econd collection of herbs indoors.

ontinued



Photographs by Lynn Karlin; Styling: Mable Hoffman

▲ Virginia proudly displays *lemon verbena.* "This plant is one of the newest herbs," she says. "It was discovered in South America in 1850. I use it to flavor apple-based jellies and iced tea." The herb is also good with fresh fruit salads.

▼ Thyme grows prolifically in the Colby garden. To capture maximum flavor, Virginia prefers to freeze rather than dry her thyme crop. She points out that the herb is related to the mint family and that there are many different varieties, only some of which are used in cooking.

Recipes begin on page 158.



HERB KNOW-HOW

Here are some of Virginia's tips for using herbs.

● Rather than drying herbs, freeze them. The freezing process helps retain the fresh flavor. Simply cut the herbs, seal them in plastic freezer bags, and store them in the freezer until you need them.

● Another way to freeze herbs is to snip them and mix them with water. Freeze the herb water in an ice cube tray and then just add an herb ice cube to your favorite soup, stew, or gravy. Remember to allow for the extra water you're adding to your mixture.



Oregano

● Three exceptions to the rule of freezing herbs are marjoram, oregano, and summer savory. The flavor of these three herbs actually improves with drying. Always pick the herbs for drying on a sunny day—never after a rain. Place the dried herbs in a bottle and keep them away from direct sunlight or heat.



Marjoram

● Use lemon balm and lovage in place of celery in salads, soups, and stews.



Summer Savory

● Use summer savory to season green bean dishes and other mild-flavored vegetables.

● Use mint as a seasoning for salads, lamb dishes, and cold beverages.

continued

An herb expert shares her

SEASONING SECRETS

In her pantry, Virginia stores a fragrant collage of herb-flavored jellies, wines, and vinegars. She uses as many of her fresh herbs as possible in her own original recipes (see Herb Know-How and photo below).

Virginia admits that not everyone shares her passion for cooking with herbs. She tells the story of sending her three children—Andrew, Christian, and Elizabeth—to school with rose-geranium jelly sandwiches. "For some reason my children could never get their classmates to swap sandwiches." Unlike her children's classmates, you'll certainly want to add Virginia Colby's flavorful recipes to your collection of cooking favorites.

▼ Here's a sampling of Virginia Colby's favorite recipes for herbs. Pictured clockwise from left are *Richmond Cabbage,* a slaw-type salad made with bacon, dried oregano, and tarragon vinegar; *Herb Vinegar,* a basic recipe that you can use with a variety of herbs including tarragon, basil, thyme, and dill; *Cheddar Cheese Bread,* a hearty yeast bread flavored with dried oregano; *Pesto Genovese,* an herb paste made with fresh basil and parsley and tossed with hot, cooked linguini or fettucini; and *Sausage and Peppers,* a zesty sausage, green pepper, onion, and tomato combo seasoned with basil, lemon pepper, and garlic.

Recipes begin on page 158.



THESE PEOPLE KNOW FOOD

HERB KNOW-HOW



● Pineapple sage, *above,* is not the same type of sage used in stuffings. Its flavor is a mixture of lemon and pineapple. Use it instead of real pineapple to make jelly.

● Use basil to flavor all types of tomato dishes or to line a bowl for fresh fruit.



Basil

● To preserve fresh basil leaves for use all year round, pack the basil leaves in a salt and oil brine. Start with 1½ cups olive oil, 1½ cups peanut oil, and 3 tablespoons salt.

Then layer ten leaves at a time in a small earthenware crock and add some of the oil mixture. Repeat the process to make several layers. Cover the crock and store it in the refrigerator. The basil leaves will last for months in this solution.



Parsley

● Use fresh parsley in breads, sauces, or salad dressings or as part of a bouquet garni.

● Use fresh herbs as seasonings for whipped butters to spread on breads or to top vegetables. Parsley, oregano, basil, dill, thyme, tarragon and rosemary work well.

ROSIE'S DINER

JANIE THE JOGGER LEARNS

"THE SECRET OF SPEED"

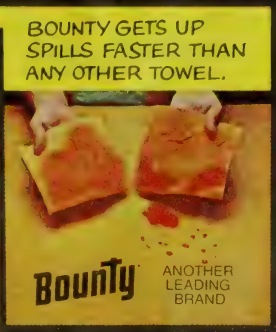
















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continued

An herb expert shares her seasoning secrets

RICHMOND CABBAGE

This hot salad is a refreshing alternative to coleslaw—

4 slices bacon

• • •

1 medium head cabbage
1 large onion, sliced
½ cup water
½ teaspoon salt
¼ cup tarragon vinegar
1 tablespoon dried oregano, crushed *or* 3 tablespoons snipped fresh oregano
1 tablespoon all-purpose flour

In a Dutch oven cook bacon till crisp. Drain bacon, reserving drippings. Crumble bacon; set aside.

Core cabbage; reserve outer leaves to line serving bowl. Cut remaining cabbage into bite-sized pieces (about 8 cups). Add cut-up cabbage, onion, water, and salt to reserved drippings in Dutch oven. Simmer, covered, 25 minutes. Stir together vinegar, oregano, and flour. Add to Dutch oven. Cook and stir 10 minutes more.

Line serving bowl with reserved cabbage leaves. Turn hot cabbage mixture into serving bowl. Sprinkle with reserved crumbled bacon. Serve at once. Makes 6 to 8 servings.

CHEDDAR CHEESE BREAD

The blend of cheese and oregano gives this bread its distinctive flavor—

5 to 5¼ cups all-purpose flour
1 package active dry yeast

• • •

2½ cups shredded sharp cheddar cheese
1¾ cups whole *or* skim milk
3 tablespoons cooking oil
2 tablespoons sugar
2 tablespoons dried oregano, crushed *or* ⅓ cup snipped fresh oregano
1 teaspoon salt

In a large mixer bowl stir together *2 cups* of the flour and the yeast. In saucepan heat cheddar cheese, milk, cooking oil, sugar, oregano, and salt just till lukewarm (115° to 120°). Add to flour mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon.

Turn out on a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough. Continue kneading 8 to 10 minutes more or till dough is smooth and elastic. Shape into a ball. Place in a lightly greased bowl, turning once to grease surface. Cover; let rise in warm place about 1¼ hours or till double.

Punch dough down. Divide dough in half. Cover and let rest 10 minutes. Shape into two loaves. Place in two greased 8x4x3-inch loaf pans. Cover and let rise about 45 minutes or till nearly double. Bake in 350° oven for 40 to 45 minutes or till done. If necessary, cover with foil during last few minutes of baking to prevent overbrowning. Remove from pans and cool on a wire rack. Makes 2 loaves.

HERB VINEGAR

To make this vinegar with rosemary, use 1 tablespoon fresh rosemary leaves to 1 cup vinegar—

1 cup white vinegar
2 tablespoons chopped fresh herbs (tarragon, green or purple basil, thyme, mint, *or* dill)

Be sure the cover of the container you use for this vinegar is of glass or cork (or the original top to the bottle of vinegar). The vinegar will erode any other type of lid. Heat vinegar in a saucepan till hot *but not boiling.* Place fresh herbs in clean, hot jar or bottle. Pour heated vinegar over herbs. Seal tightly and let stand for two weeks. To use, strain vinegar. Makes 1 cup.

PESTO GENOVESE

Dollop this zesty herb seasoning atop bowls of hot minestrone or other vegetable soups, too—

1 cup fresh basil leaves
6 tablespoons grated parmesan cheese
⅓ cup pine nuts *or* walnuts
2 sprigs parsley
1 clove garlic, quartered
½ teaspoon salt
⅓ cup olive *or* cooking oil

• • •

12 ounces linguini *or* fettucini, cooked and drained

Have all ingredients *except pasta* at room temperature.

Place basil leaves, parmesan cheese, pine nuts, parsley, garlic, and salt in a blender container or food processor bowl. Cover and process with several on/off turns till blended. With blender or food processor running, gradually add olive or cooking oil to make a smooth thick paste. Toss herb mixture lightly with hot cooked linguini or fettucini. Garnish with fresh basil leaves, if desired. Makes ¾ cup.

SAUSAGE AND PEPPERS

Substitute mild Italian sausage for the Polish sausage, if you like—

1 pound Polish sausage links, cut in 2-inch pieces

• • •

1 tablespoon cooking oil
2 medium green peppers, coarsely chopped (1½ cups)
2 medium onions, coarsely chopped (1 cup)
1 16-ounce can tomatoes, cut up
½ of a 6-ounce can (⅓ cup) tomato paste
⅓ cup water
1 clove garlic, minced
1 tablespoon sugar
½ teaspoon lemon pepper
½ cup loosely packed, fresh basil leaves, cut up

• • •

1 recipe Saffron Rice (see recipe below)

In a large saucepan or Dutch oven cook sausage pieces till brown. Remove from pan; set aside.

Add cooking oil to pan. Cook green pepper and onion in hot oil about 5 minutes or till tender but not brown. Drain off fat. Return sausage to pan. Add *undrained* tomatoes. Mix tomato paste and water; add to meat mixture along with garlic, sugar, and lemon pepper. Simmer, covered, over low heat for 1 hour, stirring occasionally and adding basil leaves during the last 30 minutes of cooking. Serve over Saffron Rice. Makes 4 servings.

Saffron Rice: In a 2-quart saucepan combine 2 cups *cold water,* 1 cup long-grain *rice,* 1 teaspoon *salt,* and ⅛ to ¼ teaspoon thread *saffron,* crushed. Cover with a tight-fitting lid. Bring to boiling; turn heat to low. Continue cooking 15 minutes (do not lift cover). Remove from heat; let stand, covered, 10 minutes more. ■



We are proud of the birthdates of our children, the grapes of Almadén.

Yes, we are very proud. And we show our pride by putting a vintage date on our classic varietal wines.

Because each vintage—each year's harvest—is like a new child. A child we lovingly care for as it develops and matures. And we give each its just recognition by giving it a vintage date.

For you, the vintage date adds yet another dimension to the joyment of our classic varietal wines. Because each vintage has a different personality. Subtle differences you may taste and enjoy.

ALMADÉN

Also, while all our wines are ready to drink when purchased, you may sometimes wish to set a few bottles aside. Here you will find the vintage date helpful in giving the wine the additional aging you desire.

We invite you to enjoy the incomparable quality of our vintage-dated wines. An incomparable quality you will find in our

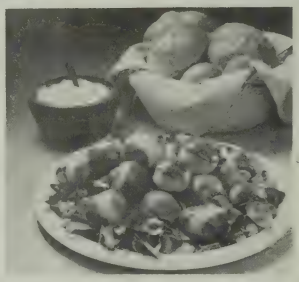
NEW POTATO KNOW-HOW

The first-of-the-season crop of new potatoes has arrived to brighten routine meals.

When shopping for new potatoes, look for ones that have shallow eyes and are firm, smooth, and free from blemishes, bruises, and cuts. Reject potatoes that are large or have patches of green on the skin. For best results, store new potatoes in the refrigerator and use them within one week.

To prepare potatoes, thoroughly scrub them with a vegetable brush. Remove any sprouts or blemishes. If desired, peel a strip around the center of each potato.

Buying information, page 185



NEW POTATOES DIJON

Use olive oil if you like the fuller, tangier flavor it gives to vegetables. If fresh watercress is unavailable, substitute torn fresh spinach as the base for this side dish salad—

- **1 pound tiny new potatoes**
- **¼ cup olive or cooking oil**
- **¼ cup tarragon vinegar**
- **1 tablespoon Dijon-style mustard**
- **½ teaspoon salt**
- **¼ teaspoon dried basil, crushed**
- **⅛ teaspoon pepper**
- **1 bunch fresh watercress leaves (about 1 cup)**

Peel a strip around the center of each potato. Cook potatoes, covered, in boiling salted water for 12 to 15 minutes or till tender when tested with a fork. Drain.

In screw-top jar combine olive oil, tarragon vinegar, mustard, salt, basil and pepper; cover jar. Shake to mix well. Pour over cooked potatoes in bowl. Cover and chill several hours, stirring occasionally.

To serve, toss potatoes and watercress together. Arrange on serving platter. Makes 6 servings.



GERMAN-STYLE NEW POTATO SALAD

Peeling a strip around the center of each potato makes the salad more attractive—

- **1 pound tiny new potatoes**
- **2 cups torn lettuce**
- **1 cup torn curly endive**
- **2 hard-cooked eggs, chopped**
- **¼ cup thinly sliced radishes**
- **3 tablespoons sliced green onion**
- **6 slices bacon**
- **⅓ cup vinegar**
- **1 teaspoon seasoned salt**
- **¼ teaspoon celery seed**
- **⅛ teaspoon pepper**

Peel a strip around the center of each potato. Cook potatoes, covered, in boiling salted water for 12 to 15 minutes or till tender when tested with a fork. Drain. In bowl combine cooked potatoes, lettuce, curly endive, eggs, radishes, and green onion.

In skillet cook bacon till crisp. Drain, reserving ⅓ cup drippings. Crumble bacon; add to potato mixture. To reserved drippings in skillet, add vinegar, seasoned salt, celery seed, and pepper. Heat to boiling; pour over potato mixture. Toss quickly; serve at once. Makes 4 to 6 servings. ■



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SPECIAL DIETS

FAT-CONTROLLED RECIPES

This egg-free blender mayonnaise substitute is a great base for concocting salad dressings. Try our Thousand Island or Herb variations on our special BLT.

3-WAY DRESSING
½ cup frozen egg substitute, thawed
1 tablespoon vinegar
1 tablespoon lemon juice
¼ teaspoon dry mustard
¼ teaspoon paprika
Dash cayenne
¾ cup cooking oil

In blender container or food processor combine egg substitute, vinegar, lemon juice, ½ teaspoon *salt,* dry mustard, paprika, and cayenne. Add *¼ cup* of the oil. Cover and blend for 1 minute. With blender running, slowly pour in remaining oil in a steady stream. Cover; chill. Makes 1¼ cups.

To make Thousand Island Dressing: In bowl combine *1 recipe 3-way Dressing, ¼ cup chili sauce, 2 tablespoons finely chopped green pepper, 2 tablespoons finely chopped celery,* and *1 tablespoon finely chopped onion; mix well. Cover; chill.* Makes 1⅔ cups.



Photograph: Dueler

Buying information, page 185

To make Herb Dressing: In bowl combine *1 recipe 3-way Dressing, ⅓ cup finely chopped onion, 1 clove garlic, minced, 1 tablespoon lemon juice, 1 tablespoon dry sherry, 2 teaspoons worcestershire sauce, and ¼ teaspoon dried mixed salad herbs;* mix well. Cover and chill. Makes about 1⅔ cups.

DELUXE BLT SANDWICHES
8 strips frozen cholesterol-free breakfast strips, thawed
Cooking oil
4 slices whole wheat bread, toasted
Margarine
Lettuce leaves
2 tomatoes, sliced
½ medium cucumber, sliced
1 cup alfalfa sprouts
1 recipe Thousand Island Dressing or Herb Dressing

Cook breakfast strips in a little oil over medium heat for 5 to 6 minutes, turning often. For each serving, spread one slice toast with margarine. Top with lettuce, tomatoes, cucumber, breakfast strips, and sprouts. Drizzle with Thousand Island Dressing. Serves 4. ■



Make a better salad

Creamy Tossed Salad

Sour Cream Dressing (below)
4 cups bite-size pieces mixed lettuce (iceberg, leaf, romaine)
2 green onions (with tops) thinly sliced
1 small zucchini, thinly sliced
½ cup sliced radishes
1 tomato, cut into wedges
¼ cup Bac*Os

Prepare Sour Cream Dressing. Toss remaining ingredients in salad bowl. Top with dressing. Garnish with additional Bac*Os if desired. 4 or 5 servings.

Sour Cream Dressing: Mix ½ cup dairy sour cream or unflavored yogurt; 1 tablespoon sugar; 1 tablespoon vinegar; ½ teaspoon salt.

with Bac*Os.

Bac*Os make even a simple salad taste special, because Bac*Os taste special—even better than the leading canned bacon bits. Pick up some Bac*Os and see how they pick up a salad.

®Reg. T.M. of General Mills, Inc. imitation bacon



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CREAMY STRAWBERRY CREAM PIE

1 package (4-serving size) JELL-O® Brand Vanilla Flavor Instant Pudding and Pie Filling
1½ cups cold milk
½ cup thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping
1 baked 9-inch pie shell, cooled
1 pint strawberries, hulled and halved*

Prepare pie filling mix as directed on package for pie, using 1½ cups milk. Blend in whipped topping. Pour into pie shell and chill at least 3 hours. Arrange halved strawberries on filling and garnish with additional whipped topping, if desired.

*Or use your favorite fresh or drained canned fruit or a combination of fruits, such as strawberries and bananas or strawberries and peaches.

Note: Dip bananas and fresh peach slices in lemon juice to prevent discoloration.

Who's Maura's Grandma and who's her Mother?

(Try to guess from their hands.)



Maura Griffin has the youngest looking hands in the family. But then she's only three. When it comes to her mother, Kathleen Griffin, and her grandma, Dolores Gibbons, it's harder to tell who's who. They both have such young-looking hands. They both do lots of dishes, too—with Ivory Liquid. They say it's the mildness that helps their hands stay young looking. Ivory Liquid's been that gentle to their hands.

Aside from Maura, can you guess who's who from their hands? Take a guess. Then turn to page 190 to see if you guessed right.

Mild Ivory Liquid helps hands stay young looking.

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	MG. "TAR"
L&M Long Lights	8
Winston Longs	19
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Benson & Hedges 100s	17
Benson & Hedges 100s Lts.	11
Marlboro 100s	17
Marlboro Lights 100s	12
Golden Lights 100s	9
Pall Mall Gold 100s	19
Virginia Slims	16
Merit 100s	11
Vantage Longs	11

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TASTE L&M LIGHTS. ONLY 8 MG. "TAR."

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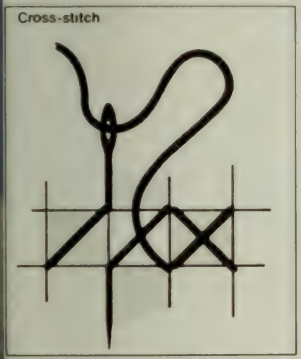
*Based on Maxwell Report, 1977.

Long Lights, 8 mg. "tar", 0.6 mg. nicotine; av. per cigarette, FTC Report (May '78).

continued

Cross-stitch on gingham

ing sure all stitches slant in the same direction. Then work back across the line of half cross-stitches with a row of slanting stitches from the lower right corner of the check to the upper left. (If you are left-handed, work in the opposite direction: Stitch the first row from lower right to upper left and the crossing row from lower left to upper right.) This combination of stitches should result in an X shape. See the drawing below.



Specific directions and patterns for completing the items shown on pages 26 and 27 follow.

PILLOW

Finished size is 16 inches square.

Materials:

½ yd. peach ⅛-inch check gingham; 2 skeins cotton embroidery floss in each of the following colors: dark blue, light blue, yellow, dark orange, light orange, medium green; 3 yds. eyelet lace; 16-inch square pillow form.

Instructions:

Cut an 18-inch square of gingham and mount it in an embroidery hoop. Beginning three inches in from any corner, and according to pattern and color key on page 166, work cross-stitch border motifs. Use 3 strands of floss throughout.

Here's a tip for elegant-looking stitches worked in embroidery floss: Cut lengths of floss 36 inches long. Before threading the needle, separate the floss into individual strands (so they are no longer twisted together), then put the number of strands you need together again and thread the needle. Every now and then as you stitch, slide the needle down the length of the thread to untwist the strands, so they lie flat and smooth on the fabric when they are stitched.

Counting the squares carefully, work the inner borders and squares that frame each motif. Work cross-stitch motifs within each square last. Press from wrong side. Trim to 17x17 inches.

Cut a 17-inch square of gingham for the pillow back, and place right sides together. Gather eyelet lace to fit outside perimeter and pin in place between pillow pieces. Using ½-inch seam allowances, stitch around three sides. Turn right side out and press. Insert a zipper along the fourth side if you would like to remove pillow cover for cleaning. If no zipper is used, insert pillow form and slip-stitch the fourth side closed.

SQUARE TABLECLOTH

Finished sizes will cover a 34-inch-square, 27-inch-tall folding card table.

Materials:

3⅔ yds. turquoise blue ¼-inch check gingham; 3 yds. turquoise 1-inch check gingham; 4 yds. pink ¼-inch check gingham; 1½ yds. lavender ¼-inch check gingham; #3 pearl cotton and cotton embroidery floss in colors and amounts specified for each tablecloth layer; lace or eyelet ruffle.

Instructions:

Turquoise cloth (bottom layer): (This cloth is not embroidered.) For center of cloth, piece together a 66-inch square of ¼-inch check gingham. Cut 11-inch-wide strips of 1-inch check gingham for the 428-inch-long ruffle (includes ½-inch seam allowance). Piece ruffle together, gather, and stitch to outer edges of center cloth. Add lace or eyelet ruffle if desired.

Pink cloth (middle layer): You will need five skeins of cotton embroidery floss in each of the following colors: green, light blue, dark blue, and rose.

Piece gingham to form a 64-inch square. Refer to patterns #2 and #6 of the pillow pattern on page 166. Substitute *rose* for light orange in pattern #2, *blue* for light orange in pattern #6, *purple* for yellow and dark orange in both patterns #2 and #6, and retain greens.

Use two strands of floss, and work patterns #2 and #6 alternately around outside edge of cloth about 2 inches above the hemline. Leave about 2 inches of space between each motif. Press, turn up hem and stitch. Add lace or eyelet ruffle.

Lavender cloth (top layer): You will need skeins of #3 pearl cotton in the following colors and amounts: 3 purple, 3 white, 3 rose, 2 pink, and 2 green.

Cut a 44-inch square from length of lavender gingham. Find the exact center of the cloth by counting squares, and work pattern #5. Substitute *white* for yellow and dark orange, *rose* for light blue, *pink* for dark blue, and retain greens as shown.

Work the border pattern outlining squares as for pillow. (Do not fill squares with motifs yet.) Substitute *rose* for light blue, *white* for yellow, and *purple* for dark blue.

Next, in each corner square, work pattern #7. Substitute *purple* for dark blue, *white* for yellow and dark orange, *pink* for light blue, and retain greens as shown. In addition, substitute *rose* for light blue flower motif to achieve a color balance.

For remaining four squares, work pattern #8, turning the motif a quarter turn each time so that bottom of flowerpot is closest to the edge of the cloth. Substitute *purple* for yellow, *rose* for dark orange, and *pink* for light orange and dark blue. Retain greens as shown.

Press, turn up hem, and stitch. Add lace or eyelet ruffle if desired.

ROUND TABLECLOTH

Finished sizes will cover a 30-inch-diameter, 29-inch-tall round table.

Materials:

6 yds. 1-inch check orange gingham; 4½ yds. ¼-inch check yellow gingham; 1½ yds. ¼-inch check green gingham; #3 pearl cotton in the colors and amounts specified for each cloth; lace or eyelet ruffle (optional).

Instructions:

Orange cloth (bottom layer): (This cloth is not embroidered.) Cut and piece a 70-inch-diameter round cloth. From remaining fabric, cut 8-inch-wide strips. Piece strips together, gather, and stitch to perimeter of cloth. Add lace or eyelet ruffle if desired.

Yellow cloth (middle layer): You will need five skeins each of red, blue, and green #3 pearl cotton.

continued

continued

Cross-stitch on gingham

Cut and piece a 54-inch-diameter round cloth. From remaining fabric, cut 8-inch-wide strips. Piece them together to form a ruffle strip. Embroider the ruffle before gathering and stitching it to the round cloth.

Work a row of pattern #4 (page 166) centered between raw edges across ruffle. Space motifs five inches apart. For the first motif, substitute *red* for light orange, and *blue* for dark orange. For the next motif, substitute *blue* for light orange, and *red* for dark orange. Retain greens as shown. Work motifs alternately in these color combinations. Press.

Gather ruffle, stitch to outside of center circle with a ½-inch seam, and add lace or eyelet ruffle if desired.

Green cloth (top layer): You will need skeins of #3 pearl cotton in the following colors and amounts: 4 white, 2 green, 2 yellow, and 1 brown. Cut a 44-inch square from green gingham.

Work five rows of border pattern (page 166) evenly spaced across both length and width of cloth, counting carefully so that intersections will align. Substitute *yellow* for light blue, and *brown* for yellow. Retain greens. On second and fourth rows of border patterns, work one solid row of white cross-stitches on each side of border. Do this across both the length and width of cloth. Press. Roll hem, stitch, and add lace or eyelet ruffle.

APRONS

Instructions:

Purchase a commercial pattern for an apron or a pinafore and use ¼-inch check gingham. (We used Butterick pattern 6138 for the yellow apron and Vogue 7256 for the blue apron.) Work whatever cross-stitch motifs you desire along the hem, pockets, bib, and waistband.

You may wish to work the embroidery on the pieces of your pattern *before* assembling the apron or pinafore. To do so, transfer the cutting line *and* seam line of individual pattern pieces to fabric with dressmaker's carbon paper. *Do not cut out pattern pieces.* Instead, mount the fabric in a hoop, begin the embroidery in the center of the design, and work toward the outside edges.

By stitching the designs before the pattern is cut out and assembled, you can easily mount the fabric in a hoop or alter the size of pockets, bib, etc., to accommodate the embroidery design, if necessary.

When embroidery is complete, steam press gently on the wrong side. Then cut out pattern pieces, following cutting lines, and assemble the apron or pinafore according to directions.

TEA TOWEL

Instructions:

Using dressmaker's carbon or a hard lead pencil, mark a piece of ⅛-inch check gingham so that after embroidery and hemming the finished tea towel will be 12x27 inches. Do not cut out the towel yet. Mount the fabric in a hoop and work pillow border pattern (page 166) around the edges. Plan three squares along the narrow ends and fill in with three motifs (we used #1, #3, and #9) from pillow pattern with 3 strands of embroidery floss. Cut out towel, then hem and add lace or eyelet ruffle to the ends. ■



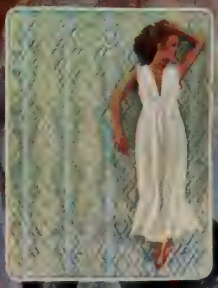
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"FOREIGN" VACATIONS IN THE U.S.A.

A guide to places that only seem faraway

America may be the great melting pot, but many diverse ethnic groups who settled in this country have preserved their respective old-world heritages in communities across the land.

Here we describe six such communities where ethnic culture, cuisine, customs, and festivals are actively enjoyed by residents and visitors—places where your family can experience "foreign" culture without ever leaving the U.S.A.



Photograph: Walter Hoyt

Updated Little Tokyo

You'll probably do a double-take when you enter Little Tokyo. Suddenly you're confronted by signs in Japanese script, and even a reproduction of a 60-foot Japanese lookout tower.

The district occupies perhaps ten blocks in the northeast corner of downtown Los Angeles—Los Angeles Street to Central Avenue and First to Third Street. This area forms the religious, commercial, and social focal point for North America's largest Japanese-descended community, some 150,000 people widely scattered across the L.A. metropolitan area.

Mixed in with the Little Tokyo pedestrians, who dress Western-style just as they do in large cities in Japan, are *shosha* (Japanese businessmen) and busloads of Japanese tourists.

Little Tokyo is one of the most remarkable redevelopment projects in the nation, yet a kind of old-country neighborhood feeling persists. Decrepit buildings have been replaced by a sparkling hotel, a senior citizens' residence, a Buddhist temple, a Union Church, office buildings, and a pedestrian-mall shop complex. Nearing completion is an imposing Japanese-American cultural center. The hotel, the New Otani, is a neat place to stay during your visit. (The staff is bilingual. Doubles run $49 to $80.)

Exotic shopping and Japanese restaurants galore

Along nearby streets—First and Second and cross streets, mostly—and in the 48 shops of the mall you encounter a cross section of Japanese products and produce. (Not everyone speaks English, so be prepared for gesturing.) In one shop, for example, you can find *samurai* swords, *kabuki* dolls, and Japanese folding screens. There are wood block and silk-screen prints, ceramics, and lacquerware.

But perhaps the most exotic shops are the food stores with delicacies from cuttlefish to herring roe to pigeons' eggs. A confectionery houses a practitioner of the old art of sugar sculpture. And, in another store, a cook makes *imagawa-yaki* (bean cakes). These shops may well serve as an introduction to Japanese dining.

Little Tokyo harbors some 40 Japanese restaurants. They come in all sizes and kinds, from the tiny but good, half-century-old Matsu-no-Sushi, which has neither an English name (or sign) nor a menu, to a big place like Tokyo Kaikan, with rooms for *sushi* (raw or parboiled seafood served with rice), *teppenyaki* (steak and vegetables grilled next to the table), *shabu-shabu* (meat and vegetables cooked in broth), and such better known Japanese dishes as *teriyaki* and *sukiyaki*.

Nisei Week Festival

While Little Tokyo is lively most of the time, it throbs with activity during the annual mid-August Nisei Week Festival (this year, August 11 through 19). The highlight, on the first Sunday of that period, is a big parade complete with costumed *ondo* groups who dance between Japanese-themed floats.

Throughout the Festival, exhibitions in the four Buddhist temples in and around Little Tokyo and the Union Church demonstrate flower arranging, *bonsai*, doll making, brush painting, and other arts. Also, you'll enjoy performances of the tea ceremony, classical dancing, and the martial arts.

Costume is a vivid part of the Festival scene. You see the *kimono* in all its variations from bright colors for little girls to intricate embroidery for women to more somber patterns for men, in rich silk or cool *yukata* (cotton) for summer.

For more information about Little Tokyo, write to the Greater Los Angeles Visitors and Convention Bureau, Department 610, 505 South Flower Street, Los Angeles, California 90071.

continued

HOLLAND

Unbeatable Dutch ambience

Holland, Michigan, looks much like many other small American cities. Yet, at the corner of Eighth Street and Central Avenue in downtown Holland, you can savor sights, sounds, smells, and tastes straight from the Old World. Trade is brisk in *klompen* (wooden shoes), delft, chocolates, and cheese. Scaled-down windmills are standard props in parks. And names like VanderPloeg outnumber the Smiths 20 to one.

In May, when every field and flowerpot is merrily coming up tulips, the community puts on a four-day Tulip Time Festival. (It's too late to catch the festivities this year, but if you want to attend next May, 14 through 17, right now is the time to make your hotel reservations. Every available room in and around town is taken during Festival.) Each day of Tulip Time has a traditional street-scrubbing session and three or four rollicking *klompen* dancing extravaganzas. In addition, there's the Children's Costume Parade and the Parade of Bands with 50 marching bands and scores of beautiful floats. Tulip Time is a zesty season-opener that flavors the whole summer to come.

Windmills and wooden shoes

You'll find Holland a pious, proper city of many churches (and *very* quiet Sundays) led by the historic Ninth Street Christian Dutch Reformed Church, a place to hear Dutch-language services on special occasions.

The stately old church is about 90 years younger than the authentic 213-year-old Netherlands windmill, "De Zwaan." Guides in Dutch dress explain the workings of the mill, the decorations on the "wings," and the bullet holes from World War II.

Windmill Island, a themed park, has much to enjoy May through October—gardens, a picture-book canal bridge, small Dutch buildings, *klompen* dancing, and a lively *draaimolen* (carrousel). Adults $1.75, children under 12, $1.

On the north edge of Holland sits another theme park—Dutch Village. The neat-as-a-tulip Village has thatched- and tiled-roof houses and shops, a canal, and a *bioscoop* (movie theater). You can pose in a yoke of



Photographs: Doris Scharfenberg



water buckets or watch *klompen* dancers perform (through Labor Day) to tunes from a massive Amsterdam street organ. Adults $2, children 3-11, $1.

Along US-31 is one of Michigan's largest bulb farms, Veldheer's Tulip Gardens, where varieties of bulbs are sold. Nelis Farm, another favorite for bulbs, is close by.

And, of course, you'll want to see wooden shoes being made. Whittle by whittle, poplar logs are turned into footwear at Holland's Original Wooden Shoe Factory. Admission is 25 cents.

Or you can watch shoe making for free at DeKlomp Wooden Shoe and Delft Ware Factory on East 32nd Street (closed Sunday and after October).

The Netherlands Museum (near downtown) is a friendly house filled to the dikes with things Dutch. Adults 50 cents, kids under 13 free.

Right behind the sand dunes on the shore of Lake Michigan, Holland spreads around Lake Macatawa. The area offers fishing, beaches, marinas, golf courses, etc. Your youngsters will particularly enjoy a dune ride on one of the schooners that offer panoramic views from the sandy hilltops. To climb aboard (through Labor Day) follow signs near Saugatauk (ten miles south of Holland). Adults $2.50, kids 3-12, $1.50.

Motels and campgrounds

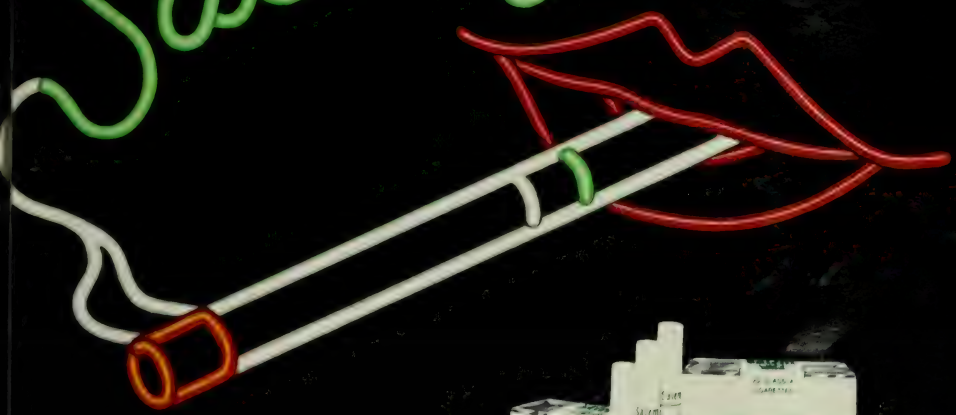
Lodging here is plentiful, but reserve ahead, for campsites as well as rooms. Point West, with a classy restaurant, is plush at $40 double; moderately priced Wooden Shoe Motel has a good breakfast restaurant handy; friendly Timberline (free bikes) and Shangri-La in Saugatuck each charge $22 for a double room. State and private campgrounds in the area charge $5 a night. Grand Haven and Holland State Parks boast Lake Michigan beaches and take some reservations by mail. Westwind, a private campground at Saugatuck, is delightfully situated, and another, Drews, on US-31, has grassy plots and a pool.

For further information, write to Mary Van Tubbergen, Holland Area Chamber of Commerce, 7 East Eighth Street, Holland, Michigan 49423.

continued

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10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report MAY '78.



America's most Mexican city

"Remember the Alamo" was the rallying cry when Texans warred for independence from Mexico, and even today the Alamo surely is remembered. The fine old mission church is still a must for visitors. But the battle's bitterness long has been forgotten, and modern San Antonio proudly represents the merging of two cultures—Mexican and Anglo.

With more than half of the city's population either Mexican or of Mexican descent, the language of the streets remains Spanish, rapid-fire as the heels of a flamenco dancer. Mission bells still sound the hours. There are fiestas at the drop of a sombrero—and, pleasure of pleasures, you are still expected to haggle in the marketplace.

You'll be delighted by the street scene, so different from that of our other big cities. San Antonio's sidewalks and its famed River Walk, the Paseo del Rio, are its living room. That's where merchants, squinting against the sun, strike their deals, where mothers gossip while children romp nearby, and young men court their girls.

Charming River Walk

The Paseo del Rio, graced by gardens and outdoor restaurants, loops downtown along an arm of the San Antonio River in a secluded canyon some 20 feet below street level. You'll want to stroll the Paseo, at least covering its liveliest stretch on Crockett Street, past the charming La Mansion del Rio hotel (doubles from $49) and the Market Street Bridge (at the towering Palacio del Rio Hilton—doubles from $63). Just beyond the Bridge, back up on street level, is La Villita, San Antonio's nostalgia corner, once inhabited by the earliest settlers and now a maze of craft shops and boutiques. Here you'll find a new hotel—The Plaza Nacional with doubles from $54.

Mexican music

For an overwhelming experience in sight and sound—from Spanish ballads to Mexican rock bands—get tickets for the Fiesta Noche del Rio. This song-and-dance extravaganza is staged outdoors in the Arneson River Theater on the Paseo, June through August on



Photograph: George Bush

Tuesday, Friday, and Saturday nights ($3; kids 6 to 15, $1). If you can arrange for a terrace table at the first-rate Little Rhein Steak House, you can enjoy the show free of charge while you dine.

Only a few streets west of the Paseo lies Market Square, a renovated 12-square-block area of stores and eateries in arcaded buildings that date back to the 19th century. Here you'll find a Mexican market as real as any in Mexico and stocked with the same merchandise in long rows of stalls: pottery, papier-mâché artifacts, jewelry, leather goods, silverwork, candy. For refreshments, there's Karam's Kantina, an authentic Mexican cantina with ceiling fans, an onyx floor, and appropriate music, as well as the unpretentious, inexpensive Mi Tierra Cafe and Bakery.

Only a few minutes' drive from downtown, along the Mission Trail, are four old Spanish churches. Most interesting is Mission San Jose where, every Sunday, Mariachi masses are held and the singers serenade in the cloistered courtyard after the service.

Four-season fiestas

As behooves a largely Mexican community, ethnic festivities punctuate the calendar. One of the great joys of spring is the ten-day Fiesta San Antonio in mid-April, with three big parades including one where floats, sparkling with lights and wired for sound, cruise the River.

After the summer season, with its Fiesta Noche del Rio, comes the celebration of Mexico's Independence Day, a round of festivities—parades, flamenco and rock concerts—this year, September 9 through 16.

Finally, you come to the Mexican Christmas. Every evening, starting the Sunday after Thanksgiving, carolers cruise the River on illuminated barges, and trees shine with colored lights. The festival climaxes in a procession along the River on the Sunday night before Christmas. On both Saturday and Sunday, the first weekend in January, "Los Pastores," a play about the shepherds' search for the Christ Child, is presented at Mission San Jose.

For further information, write to Sharon Eason, San Antonio Convention and Visitors Bureau, Box 2277, San Antonio, Texas 78298.

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Stateside Swiss village

You can photograph a farm from a downtown hotel window in New Glarus, Wisconsin. The population is under 1,500 and healthy pedestrians have no trouble walking from one end of town to the other. (New Glarus is located south of Madison in Green County.) What's special about the town is that it is all things good and Swiss: cheese, chalets, waitresses in *dirndls,* yodelers, brown cows, bells that ring when you least expect them, window boxes pouring out geraniums. The village is *so* Swiss that many German-Swiss visitors touring America consider New Glarus as important a stop as Washington, D.C.

Swiss settlers founded New Glarus in 1840 and passed on their Alpine heritage to great-grandchildren. Furthermore, every generation sees new immigrant arrivals, giving fresh vitality to old-country speech patterns and local Swiss festivals. You soon realize that New Glarus is *very* big on festivals.



Photographers: Doris & Scharfenberg

Frolicking fun

During the Heidi Festival, held each year on the last weekend in June, there are two performances of Johanna Spyri's classic story about the little mountain girl and her grandfather.

Conducted tours through dairy farms and cheese factories combined with a Crafts & Food Fair give Heidi-goers a lot for their weekend.

Next comes the Volksfest, or Swiss Independence Day, observed on the first Sunday in August. This serious/joyful program starts with speakers in the "Schuetzenpark," then turns to music of a dozen Swiss varieties—choral groups, alpenhorns, dancers, yodelers, and by evening, large quantities of audience participation.

The biggest festival in New Glarus, however, is the Wilhelm Tell Festival every Labor Day weekend, with an Alpine Fest, art show, music programs, and the famous New Glarus rendition of Friedrich Schiller's play.

"Vilhelm," given twice in English and once in German, is surely a bright landmark in amateur efforts. Over 200 townsfolk from three to 83 (plus assorted horses, cows, and goats) get into the act. The outdoor pageant flashes



with colorful costuming and surprising talents.

Festivals or not, New Glarus is a walk-around pleasure. The Swiss look is everywhere, and museums and other points of interest are easy blocks from each other. Here are some highlights:

Golden Fleece Chalet, a museum that was once a home, is filled with antiques and collections.

Swiss Historical Village consists of 12 buildings devoted to life in another era—an early schoolhouse, an original New Glarus cabin, a cheese factory, firehouse, blacksmith shop, etc.

The ***Upright Swiss Embroidery factory*** has two unique 60-foot looms to embroider patterns on almost any type of fabric. It's fun to watch the design build up, and if you sew, it's impossible to walk away without buying a sample.

Strickler's Sausage Kitchen lets you see how tasty Swiss-style sausages are made. Also, do *not* miss the New Glarus Bakery, run by a prizewinning pastry cook. Her rosettes, *bratzelis,* and cherry pockets are the last word in edible elegance.

Around town

A monument to the settlers and the Swiss United Church of Christ stand together in the center of town. A block away is the Sugar River Trail Headquarters. Rent a bicycle and tour one of the prettiest trails in Wisconsin.

If you are staying over, your best bet is to make reservations at the friendly New Glarus Hotel, where you can enjoy lunch or dinner out on a balcony when the weather is good. Alternatives on crowded festival weekends are the Swiss-Aire or Town Edge Motels. Besides the Hotel, good places for lunch or dinner are the Wilhelm Tell Supper Club and the slightly more humble Glarner Stube. For a quick lunch, pop into the Edelweiss Chalet Country Club, or the Town Edge Restaurant. For pretzels and beer, try Puempel's Tavern. It hasn't changed since the early 1900s, and the bar and Swiss history murals warrant a visit.

For more information, write Susan Foster, New Glarus Chamber of Commerce, New Glarus, Wisconsin 53574.

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Far East in the West



In San Francisco's Chinatown, the nine days following the Chinese New Year's day are an annual time of carnival—dinners and dances, special tours and exhibits, pageantry and performances of music, dance, and Chinese opera. The climax of the festivities, which attracts hundreds of thousands of spectators, is a boisterous parade that may well be *the* most foreign spectacle in America. (Chinese New Year's will fall on February 5 in 1980, launching the Year of the Monkey, 4678.)

As Chinese as Kowloon

However, any time of year Chinatown evokes such Asian metropolises as Hong Kong in microcosm. Shops bulge with exotic wares, often bizarre foods, and the aromas of incense and unfamiliar cooking. Chinese dialects are heard as commonly as English, and Oriental facades are appliquéd on buildings. And at times, these San Francisco streets are just as teeming with resident Chinese and occidental tourists as the streets of Kowloon.

Touring strategy

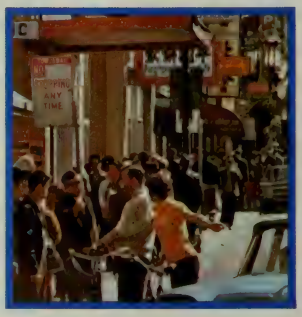
Chinatown covers a little more than two dozen blocks between Nob Hill and the Financial District. The best way to explore the congested area is by foot. You can leave your car at one of the parking structures beneath Portsmouth Square, St. Mary's Square, and the Holiday Inn-Financial District across Kearny. The Inn is a convenient place to stay during your visit (doubles from $62).

On the most casual stroll you'll quickly gather some rich impressions:

Portsmouth Square, where old folks sit in the sun and younger people start the day with graceful *T'ai chi chuan* exercises.

Narrow Grant Avenue, with its progression from expensive import stores down near the Chinatown gate (bordering the downtown hotel and shopping district) at Bush Street through the gaudy tourist center to a quieter stretch of bakeries, homey eating places, and grocery stores at the north end.

Bustling Stockton Street on Friday and weekend mornings when produce, poultry, and meat trucks deliver to



food stores and sometimes sell directly to passersby.

To-go food places where glazed red barbecued ducks and sliced pork are among the more recognizable foods that find eager customers.

Side streets and alleys where truly ethnic shops do business. There, away from tourist migrations, you find jewelers who make gold-emblem family birthday presents (a durable investment), Chinese musical instruments, Chinese-language books, a dried-fish store where you might see a huge shark fin in the window.

The frankly tourist Wax Museum and the small but excellent Chinese Historical Society museum on little Adler Street at the north end.

If you'd like to look behind the Chinatown scenes, join one of the guided walking tours. You'll see the most on the JJ Walking Tours (call Jan Sites at 415/567-7494 for reservations).

Two-hour tours leave midmorning and early afternoon and cost $6 for adults or $3.50 for children under 12. Evening walks begin at 6:15 if dinner is included or 7:30 for the walk only. You pay prevailing prices for your meal.

Two other guide services are Ding How Tours for night walks with or without dinner (981-8399) and the Chinese Culture Center for daytime walks (986-1822).

Chopstick chow

Eating Chinese style presents a bewildering array of choices because Chinatown has some 60 restaurants. Still, they are close together so you can browse among posted menus to find one that suits your mood and budget. Not to be missed is a *Dim Sum* lunch, in which each item is priced separately and you choose from a cart or menu: beef, pork, shrimp, and other fillings wrapped in noodle skins or a steamed dumpling wrapper. The Hang Ah Tea Room at Hang Ah Alley has 25 options on the menu.

To treat the family to a very special (about $20 each *if* you go all out) Chinese dinner, make reservations at the Imperial Palace on Grant Avenue. Another top-rated restaurant is the Empress of China, atop the China Trade Center, also on Grant.

For more information, write San Francisco Convention and Visitors Bureau, Department DM, 1390 Market Street, San Francisco, California 94102.

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Photographs: Marjorie Nichols

Italian North End

Outside the cafes of Boston's history-rich North End, men still talk in Italian dialects as they settle the problems of the world. Tantalizing aromas of pizza and *espresso* float from behind red-curtained windows. Women pull shopping carts and children along the narrow bustling streets.

Sociologists call it the most closely knit and authentically Italian of all the Italo-American communities in this country. Many of the residents are related by blood ties, marriage, or ancestral roots. As one North Ender explains, "This whole neighborhood is a family." What's more, visitors are welcome to share and enjoy this neighborhood.

Bordered by the heavily trafficked Expressway on one side and by the waterfront on the other, Boston's North End is happily separated from the rest of the city. There are no fast food emporiums; no movie houses or pawn shops. Instead, there are old brick tenements crowding the crooked streets, and *groceries* galore, their abundant wares—cheese, dried peppers, olives, fruits—overflowing to colorful sidewalk stands.

A feast of festivals

To see the Italian North End at its best, time your visit for one of the six summer weekend festivals. Run by local civic groups and religious societies, the festivals commemorate various saint days, starting with the feast of St. Rocco, July 13, 14, 15 this year, and ending with the biggest one of all, the Fishermen's Feast of St. Anthony and St. Lucy, August 24, 25, 26. (This year, the Feast of St. Joseph takes place July 27, 28, 29; St. Agrippina, August 3, 4, 5; Madonna Della Cava, August 10, 11, 12; and Madonna Soccorso, August 17, 18, 19.)

Traditionally, the festivals start on Friday night with the blessing of the saint. On Saturdays, the North End streets are filled with jubilation. Strings of lights and tinsel garlands form a canopy overhead, while the sidewalks are jammed with celebrants sampling a vendors' banquet of quahogs, shrimp, *manicotti, calamari, antipasto, lasagna,* fried dough, slush, *shish kabob,* fruit, and a hundred other goodies. Ferris wheels turn, and there's a carrousel on a pickup truck. Italian bands provide rousing renditions of familiar European melodies.



Then on Sunday, after a morning mass, members of the society parade the statue of the honored saint through the streets.

Enjoying everyday life

But if there's dancing in the streets during the festivals, the everyday life of the neighborhood makes the streets no less interesting the rest of the time. In Paul Revere Mall next to the Old North Church, you'll likely see old men playing cards and checkers while sitting on benches or upturned vegetable crates. The men seem oblivious to tourists, as do the *boccie* players who are often the subject of visitors' cameras.

It's almost impossible to dine less than well in the North End. The humbler eateries serve meals that are simple, substantial, and inexpensive. Even the better known restaurants tend to be moderately priced—from $5 to $10. Dom's on Commercial Street serves outstanding Northern Italian specialties. Francesca's on Richmond Street is very popular. Tecce's on North Washington is touristy but still fun. There are plenty of others just as good.

All the cafes on Hanover Street—Paradiso, della Sport, and Pompeii—get high marks for their coffee, pastry, and ice cream. Also on Hanover is Gallena Umberto, which specializes in Italian snacks like *calzone* and *panini* (delicious squares of pizza cost just 30 cents).

For exquisite Italian pastries, all the way from marzipan sharks to giant snowflake cookies called *pizzelli* that melt on the tongue, visit Etna's Pastry Shop on Price Street, a tiny repository of all these delights.

No place for cars

Visiting the North End is strictly a walking experience. To stay nearby, choose between the Parker House (doubles from $47) and the Holiday Inn at Government Center (doubles from $46). Then follow the red-bricked sidewalks of the Freedom Trail, which covers 16 colonial and Revolutionary historic sites, right into the North End. The whole North End covers less than a square mile, all of it alive with music, art, food, *vino,* and *amore.* You can also soak up some history by visiting the Old North Church, Paul Revere's House, Copp's Hill Burying Ground, and Hitchborn House, a com-

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To learn more about the North End, plan to take a Thursday-, Friday-, or Saturday-morning walking tour with the Historic Neighborhoods Foundation. Tickets ($2, young children with parents free) must be bought in advance through HNF (phone 617/523-1860) or the Paperback Booksmith in nearby Quincy Market. Other walking tours are led by Boston by Foot.

For information write: North End Union, 20 Parmenter Street, Boston 02113; Historic Neighborhoods Foundation, 112 Water Street, Boston 02109; Boston by Foot, 77 North Washington Street, Boston, Massachusetts 02114.

More "foreign" vacations and more information

Other ethinic "pockets" can be found in practically every state of the Union. In Florida, for instance, the largest community of Finnish-born Americans keeps its cultural identity in Lake Worth. The Cuban neighborhood in Miami, called Little Havana, bubbles over with Latin gusto, music, and food. (Each year Miami emphasizes its heritage with Latin Summer Fiesta, July 29-August 12 this year.) The Greek community in Tarpon Springs on Florida's mid-Gulf Coast gives visitors an introduction to Greek customs, shopping, and dining along with a look at the sponge industry that first attracted Greek families. (Each year on January 6 the community observes the Epiphany Celebration: Young men dive to retrieve a golden cross cast by the Bishop. A Greek festival follows.)

In Barnesville, Pennsylvania, a two-week summer festival (June 29-July 15 this year) brings the Bavarians together with games, crafts, dancing, beer drinking, and endless eating. The Pennsylvania Dutch in Kutztown stage a summer festival (June 30-July 7) to acquaint you with their crafts, food, and folk dancing.

Danes, Portuguese, and Basques

In California, the Danish community of Solvang is a must on many tourists' itineraries. In Massachusetts, the Portuguese heritage lives on in New Bedford/Fall River. In Iowa, the little village of Pella is as Dutch as it can be; in Elk Horn and Kimballton, a Danish community keeps customs and language alive. In New York City, of course, there's a thriving Chinatown and an old Italian neighborhood, Little Italy, that puts on one of the City's most colorful festivals—the feast of San Gennaro in mid-September. In other places, one may be hard put to distinguish the presence of an ethnic group except during exuberant festivals of which there are scores from coast to coast. There are annual German Maifests with dancing, oompah bands, and beer gardens in Leavenworth, Washington, and Hermann, Missouri. Swedes celebrate in Minneapolis; Scots in Alma, Michigan; Norwegians in Petersburg, Alaska; Czechs in Prague, Oklahoma, and in Tabor, South Dakota; Basques in Sun Valley, Idaho, and Elko, Nevada; French in Ste. Genevieve, Missouri; and Italians in Clinton, Indiana. You can join in an Alpenfest in Wallowa Lake, Oregon; a Bavarian Oktoberfest in Helen, Georgia; or German Alps festival in Hunter, New York. The list could go on and on.

All together, now

In addition, there are some urban ethnic celebrations that have become important institutions: Pittsburgh puts on a major folk festival each spring that includes the food, arts and crafts, songs and dances of some 20 ethnic groups. And the Texas Folklife Festival, held each August (2-5 this year) at The University of Texas Institute of Texan Cultures at San Antonio, brings the ethnic diversity of Texas together in a reunion with more than 30 groups sharing their respective heritages. And, of course, one of the most fascinating festivals is the Chicago Museum of Science and Industry's "Christmas Around the World" festival produced each Christmas season; More than 30 ethnic groups proudly display their arts for the holidays.

For more information about ethnic communities and festivals in the state you live in or the states you plan to visit, write to the respective state travel bureau, in the state capital. ■

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The basement gallery of the tepee-shaped structure houses a fine million-dollar collection of paintings and sculpture by noted frontier artists. The gift shop and bookstore sell authentic arts and crafts. Cultural demonstrations also are scheduled during summer.

Next, head south on US-195 (120 miles) to Spalding, Idaho, and the Nez Perce National Historical Park, unique because it's made up of two dozen different sites scattered over more than 200 miles of roadways. The Park spotlights the history and culture of the Nez Perce Indians and their influence on missionaries, frontiersmen, and the Lewis and Clark Expedition.

Attractions vary from roadside turnouts to the 1,900-acre White Bird Canyon Battle site (US-95) near Grangeville. At Park headquarters in Spalding, there's a small visitors center and museum (open daily May through September). Nez Perce tribe members sometimes demonstrate crafts and tribal dances there. Fort Lapwai, dating back to 1866, lies just south on US-95.

For more information about the area, contact Superintendent, Nez Perce National Historical Park, Box 93, Spalding, Idaho 83551. ■

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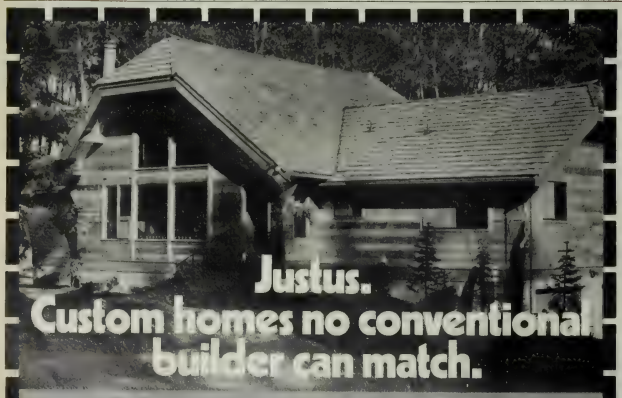
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DECORATING

Floor-to-ceiling window treatments

A floor-to-ceiling window treatment needn't be elaborate or costly to be effective. These two examples prove the point.



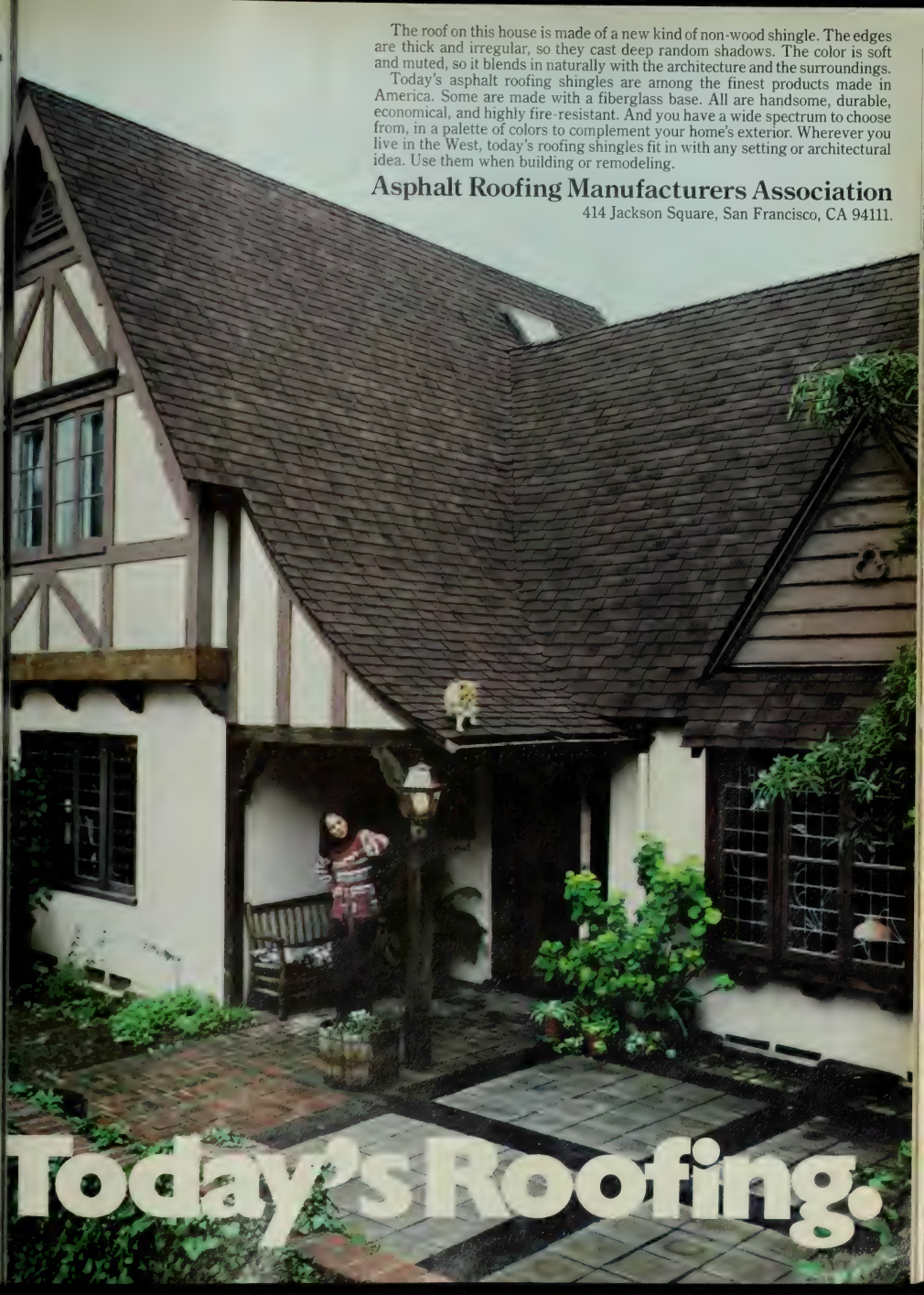
Photograph: Miller. Design: Murray. Source: Crone

These living room draperies closely resemble the elegant pinch-pleated variety. The big difference is the cost. The draperies were made from inexpensive striped bed sheets. Ribbon bows, sewn at intervals across the top of the sheets, fasten the fabric panels to the decorative pole.



Photograph: McGee. Design: Garrett. Source: Grenci

In this bedroom, an upholstered lambrequin dresses up a tall and skinny casement window. A simple roller shade, laminated in matching fabric, provides light control and privacy. ■



The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.

Today's asphalt roofing shingles are among the finest products made in America. Some are made with a fiberglass base. All are handsome, durable, economical, and highly fire-resistant. And you have a wide spectrum to choose from, in a palette of colors to complement your home's exterior. Wherever you live in the West, today's roofing shingles fit in with any setting or architectural idea. Use them when building or remodeling.

Asphalt Roofing Manufacturers Association

414 Jackson Square, San Francisco, CA 94111.

Orienteering: a great way to go

Does exercising in the great outdoors, along with mastering some stimulating "mental gymnastics," sound like your style of fun? Then chances are orienteering is for you. This invigorating, inexpensive pastime—literally cross-country navigation with a map and compass—is catching on with families across the country. Best of all, beginning skills are easy to learn and your investment in equipment usually totals less than $20.

Going orienteering is a lot like taking part in a sports car rally on foot. You locate checkpoints while covering several miles around a timed, unmarked course over wooded and often rugged terrain. A map and compass are your only guides. But most families practice orienteering (sometimes called wayfaring) at a more leisurely pace—without the timing and competition—for fun and exercise.

Tools for your treks

Getting started is easy. You can learn orienteering on your own, with family or friends, or through classes offered by many local parks and recreation departments.

Begin by buying an orienteering compass and writing for a copy of the free index to topographic maps for the area you plan to explore. State indexes are available free from the National Cartographic Information Center, U.S. Geological Survey, 507 National Center, Reston, Virginia 22092.

Your orienteering compass should be equipped with a transparent baseplate, a direction-of-travel arrow, and a measuring scale. Expect to pay $5 to $15. A good compass usually comes with a booklet detailing how to use the compass with topographic maps. For fuller coverage, you can buy *Be Expert With Map and Compass,* by Bjorn Kjellstrom (Scribner's, $6.95).

Next, select a section of woodland or open rolling country to explore. A large city park or pocket of wilderness close to home will do, provided it's wooded and has some uneven terrain. Then send away for the topographic map that covers the territory. The 1:24,000-scale maps are preferred for detail. The 1:62,500-scale maps are acceptable, too, but more difficult to use. Each map costs $1.25. For areas east of the Mississippi, write: Branch of Distribution, U.S. Geological Survey, 1200 South Eads Street, Arlington, Virginia 22202; west of the Mississippi, write: Branch of Distribution, U.S. Geological Survey, Box 25286, M.S.-306 Federal Center, Denver, Colorado 80225.

Ins and outs of the sport

Pinpoint several natural or man-made landmarks on your map (preferrably spots not visible from each other). Lay out route sections between these points and set compass courses to form a rough loop that brings you back to your starting point. A one- to two-mile route with a number of fairly short legs makes a good course for rookies. Wear comfortable, sturdy shoes or hiking boots and outdoor clothing that's right for the season.

As you set out on your course, you'll soon discover that Mother Nature has the "home-court advantage" and that a straight line isn't necessarily the shortest distance between two points. You may have to break your course at a pond or stream and pick it up again on the other side. You may run into a steep bluff or another obstacle that calls for a dogleg detour. Pay close attention to your map and compass, or you may drift off course and miss your landmark entirely.

With a little practice, you'll soon be picking the easiest and quickest routes over rough terrain with just the help of your map. Then you can extend your routes to several miles and perhaps introduce a little competition between teams of friends or family members by timing the various legs.

Besides sharpening up your map and compass skills and tuning up your body, traveling off the beaten track will reward you with fascinating sights and sounds: the flash of a deer disappearing in the woods, the rustle of a rabbit or grouse startled by your approach, the hum of insects, and the songs of a multitude of birds.

Big-league competition

If you become a real orienteering enthusiast, the next step is to join an orienteering club—or start your own—and enter competition (a small fee is usually charged). The U.S. Orienteering Federation, Box 500, Athens, Ohio 45701, publishes regular newsletters listing scheduled meets and rallies in both the U.S. and Canada. Orienteering Services, U.S.A., Box 547, La Porte, Indiana 46350, supplies new clubs with teaching aids, information about orienteering workshops, and helpful programs.

Competitive orienteering is a mix of different events usually divided into beginner, intermediate, and advanced classes. Score orienteering involves a fixed time limit (usually 60 minutes) during which participants attempt to find from 12 to 20 "controls" (usually little flags), scattered over a course. Each control has a point value.

With cross-country or free orienteering, you must visit all controls in a particular order. Since the controls usually are visible only from about 30 feet, your map and compass work must be precise. Each control is marked with a different code that you transfer to a scorecard to prove you've found the control. The fastest time over the course wins.

Line orienteering is a variation in which you follow the route indicated on your map, plotting control points as you locate them. In relay orienteering each team member runs a separate loop, then passes the map (like a baton in a relay race) to a teammate.

When winter snows cover your favorite orienteering landscape, you can adapt map and compass skills to snowshoeing or cross-country skiing. If canoeing or cycling is your style, orienteering can add interest to those sports, too.

You can get additional orienteering information and a compass catalog from Silva Company, 2466 North State Road 39, La Porte, Indiana 46350. ■

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Standout walls

To make a flat wall sparkle, try adding some architectural interest pointed up with color, pattern, and texture. It's easy enough to do with the wide variety of moldings and interesting wall coverings that's available today. Here are three idea-starting treatments.



Photograph: Ross Chapple. Design: Gloria Weissberg. Source: Eileen Alexandra Deymier

Right: Wall panels of palm-grass add both natural color and interesting texture to this desk area in a master bedroom. The palm-grass comes in 4x8-foot rolls and is easier to apply than wallpaper or fabric. Here, each panel is stapled to the wall and the seams are covered by gluing on 1x4 wood strips, painted to match the palm-grass. Not only can these textured panels add warmth to a brand-new home like this one; they also can help disguise flaws in the walls of an older home to give a uniform appearance.

Below left: This behind-the-sofa treatment makes something special of a small living room. Seventeen-inch-wide grass cloth panels are sandwiched between wall-hung mirrors to create a subtle, space-expanding effect. By directing the eye upward, the panels make the ceiling seem higher than it really is and the room appear more spacious. The large overstuffed sofa provides an anchor for the arrangement.

Below right: These handsome bookshelves provide plenty of storage and display space, as well as a striking wall treatment. The face of each staggered shelf is made of a 1x6, indented an inch and set between two 1x2s. Laminated plastic in a bird's-eye maple pattern covers the front pieces. The horizontal 1x2s were left natural. ■





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- ☐ Picnic and Barbecue Cookbook – $1.00
  (Regular retail value – $1.95)
- ☐ Flying Saucer – $1.00
  (Regular retail value – $2.00)

NAPKIN KNOW-HOW

Colorful cloth napkins folded in eye-catching ways can perk up any dinner table, from formal to freewheeling. And these decorative folds are easy to do—just follow our step-by-step directions and you've got it made. (We'll give you some tips on other inventive ways to arrange napkins, too.)

Tips for fancy folds

Though napkins vary in size from Grandma's heirloom 24-inch squares to today's 15-inch dinner squares, all can be folded one way or another. The larger size makes a dramatic fold.

A rainbow of colors and prints are available in ready-made napkins; mix and match them with tablecloths and place mats as you like. You can also make your own napkins with minimum time and expense. Fabrics with woven-in pattern or color are well-suited to folding. One-sided prints are more successful with casual than formal folds. When deciding which fold to use, consider the fabric. Don't expect a thin, soft fabric to hold a crease.

Lightly starch cotton and linen napkins when laundering, or use spray starch during pressing. Even the permanent press fabrics should get a spray of starch. Store napkins flat.

Practice the various folds before using your carefully starched linens; follow the directions step by step, folding along as you read.

Quick napkin tricks

- Napkins don't have to match. You can get great effects by mixing colors and patterns. Try two complementary patterns, or even an entirely different napkin at each place with a plain-colored or patterned tablecloth.
- Want elegance in a hurry? Tuck a fresh flower or sprig of fresh mint into every napkin at the table.
- A basket of rolled napkins makes a colorful buffet arrangement. Or, use an antique toast rack or fingertip towel rack for lining up the napkins.
- Look around the house for unusual napkin rings: Perhaps a large seashell, a shiny bracelet or ring, a bit of lace, or the handle of a teacup or soup mug will inspire you.
- Here's how to execute the easiest fold of all: Simply pick up an unfolded flat napkin from the center and lay it down again, casually, in place. Or, stuff the napkin into a wine glass. Better still, use two napkins, of contrast-

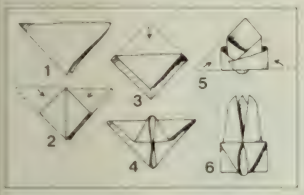
What vegetable has more iron and protein than these ordinary vegetables*...



ing colors, per person—lay one napkin flat atop the other, pluck both at the center, and poke them into the goblet or lay in place.

● Tying each napkin in a knot is a tried-and-true alternative to folding. Fold a flat napkin in half once like a triangle; roll it up, starting from the point and rolling it toward the fold. Then tie a simple knot; the very loose or somewhat tighter knot could be in the center, or toward one end of the napkin, if you like.

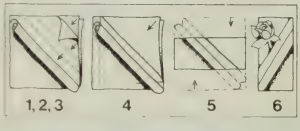
THE BISHOP'S HAT



This one can stand formally at attention if you use starched linen.

1. Fold the flat napkin into a triangle.
2. Fold right and left points to center.
3. Fold the top corner down to one inch of the bottom point.
4. Turn the folded point back to the upper edge.
5. Turn the entire napkin over. Fold the right and left points across the overlap; tuck one inside the other.
6. Stand the napkin up.

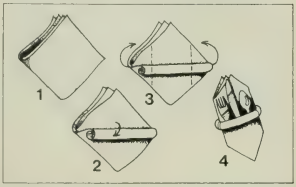
THE DOUBLE DIAGONAL



Use the diagonal fold to hold a surprise for each guest. Tuck in a fresh flower, or simply add a place card.

1. Fold the napkin into quarter size with the open edges at the upper right.
2. Turn down one of the free corners about two inches.
3. Fold the corner over twice more to form a diagonal across the napkin.
4. Turn down the next upper right corner; tuck it into the diagonal to the same width.
5. Fold under the top and bottom of the napkin.
6. Give the folded napkin a quarter-turn and place it on the dinner table; add a flower or place card.

THE BUFFET FOLD



Make things easier for buffet guests with this napkin fold. It features a pocket for holding flatware.

1. Fold the napkin into quarter size with the open edges at the top.
2. Take the top corner and roll it to the center of the napkin.
3. Fold under the right and left sides.
4. Use the pocket for flatware.

For a variation of this fold, omit step two. Instead, take the top corner and fold it to meet the bottom point. Continue as above.

And more baked-in, homemade flavor than ordinary beans?



No one food provides all the nutrients necessary for a well-balanced diet. For example, green beans have more vitamin B_1 than baked beans; carrots have lots of vitamin A, baked beans none. But you may be surprised to know that B&M® Baked Beans have more iron than spinach and more protein per serving than any of the other vegetables shown here. Which makes B&M a nutritious change-of-pace from the other vegetables you eat.

And B&M Baked Beans have a hearty, homemade taste. Baked for 7 hours in a distinctive brown sugar sauce, B&M Baked Beans are deliciously different from ordinary tomato-sauce pork and beans, which are only steamed, not baked. What's more, B&M Baked Beans are made with the finest ingredients.

B&M Baked Beans. More hearty, homemade flavor than ordinary beans

*per 100 grams.

Working with artificial brick veneers

The rich textures and colors of brick can add a sense of back-to-nature coziness to the interior of your home. A wide range of do-it-yourself materials is available so you can enjoy the attributes of brick without coping with the cost or the weight of the real thing.

Applying the artificial veneers is easy enough for a novice mason, and several of the brands on the market work equally well on exterior and interior surfaces. Some brands of the veneers are available in individual bricks; other brands come in panels of 12 to 24 bricks. Here's how to handle these amazingly realistic veneers.

Most brands of the artificial brick veneers can be installed over any sound, dry, fairly flat surface—even over masonry. Unless your wall has a moisture problem or a highly irregular surface, you won't have to worry about a furring system. (Before applying the veneers as part of new construction—over bare studs—nail up a layer of drywall as a backing for the veneer.)

Whether you're working with single units or panels, the first step is to lay out the wall in advance. Decide on the pattern you want to establish along the wall and plan how you're going to handle obstructions and openings. Then cut the veneer pieces.

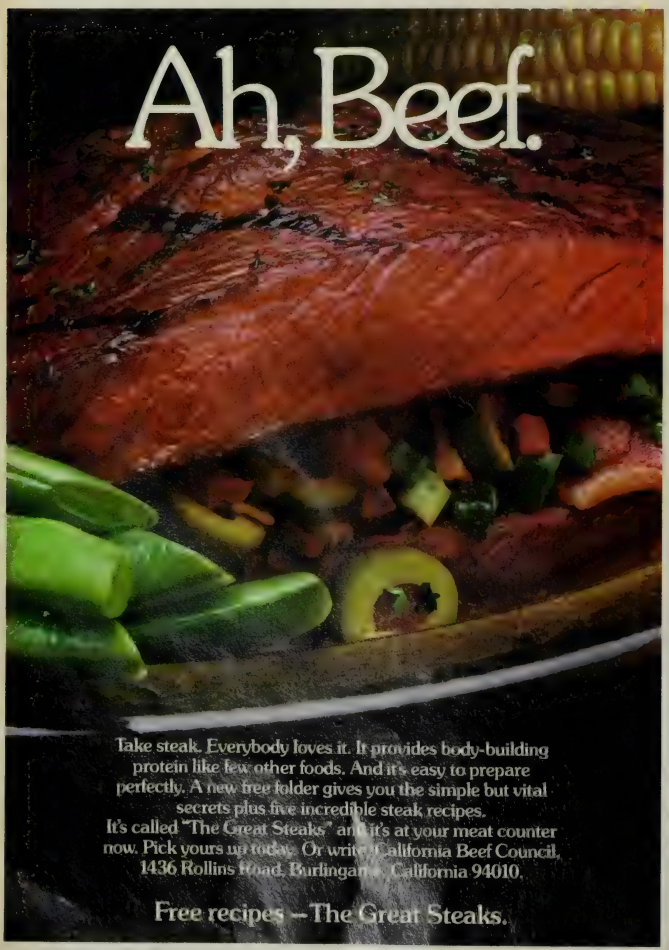
Individual bricks. Cover only a relatively small area—about 2x6 feet—at one time. Spread adhesive on the wall section first. Then—using a tight, level string as a guide and starting in one corner—build the bottom row of bricks, spreading adhesive onto the back of each brick as you go. Use a spacer between bricks to maintain the uniform gap suggested by the brick veneer manufacturer.

You can cut ceramic bricks by scoring the back of them with a tile cutter, then breaking each brick over a dowel or a 16-penny nail positioned under the score. To cut plastic or fiber glass bricks, use a hacksaw or a coping saw. Use nippers to make irregular cuts on ceramic; on other types of bricks, use a coping saw.

Proceed up the wall, using either a tight string or a level to guide each row. Handle inside corners as you do the rest of the wall; use the manufacturer's special corner bricks on outside corners. If you get adhesive on the face of a brick, remove the adhesive with the cleaner recommended by the veneer manufacturer.

Some brands require no grouting because the adhesive dries to a gritty, mortar-like texture; others must be grouted. Usually the grouting is done with a caulking gun.

Brick panels. Most brick panels can be nailed or glued to the wall. Some may require mortar. (One brand has special nail flanges that not only hide nails, but also make the panels self-leveling.) The panels are especially quick and easy to install because they cover a large area, and some brands don't even require an adhesive on their back surfaces. ■



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MAXIMUM PROTECTION AGAINST THE SUN.

It's easy with pie filling

If you're using handy canned fruit fillings only for pie baking, you're missing out on a world of convenience. You can easily turn that sweet, flavorful, fruit-filled mixture into a main dish, sauce, or salad—and here are the tasty recipes to prove it.

EASY CHICKEN CURRY

Canned pie filling makes this elegant dish a snap—

2 2½- to 3-pound broiler-fryers, cut up
¼ cup cooking oil
½ cup chopped onion
2 tablespoons curry powder
1 21-ounce can apple pie filling
¾ cup tomato juice
¼ cup raisins
½ teaspoon salt
1 5⅓-ounce can (⅔ cup) evaporated milk
Hot cooked rice

Season chicken with a little *salt* and *pepper*. In a 12-inch skillet, brown *half* the chicken at a time in hot oil. Remove chicken from skillet; set aside. Add onion and curry to skillet; cook till onion is tender but not brown. Cut up apples in pie filling into small pieces. Add to skillet. Stir in tomato juice, raisins, and salt. Return chicken to skillet. Cook, covered, over low heat about 40 minutes or till chicken is tender. Remove chicken to platter; keep warm. Add milk to apple mixture; bring just to boiling. Serve sauce over chicken and hot cooked rice. Garnish with parsley, if desired. Makes 8 servings.



Photographs: Dieter





SPEEDY RAISIN HAM SAUCE

In the time it takes to slice the ham, you can simmer up this tangy, sweet sauce—

½ cup packed brown sugar
½ teaspoon dry mustard
¼ teaspoon ground ginger
1 22-ounce can raisin pie filling
2 tablespoons lemon juice
2 tablespoons water
Sliced cooked ham

In saucepan blend sugar, mustard, and ginger. Stir in pie filling, lemon juice, and water. Bring to boiling. Simmer, covered, 5 minutes. Serve over ham. Garnish with carrot curls, if desired. Makes 2½ cups sauce.

FROZEN STRAWBERRY BANANA SALAD

To soften ice cream, stir it quickly in a chilled bowl—

1 21-ounce can strawberry pie filling
1 pint vanilla ice cream, softened
1 tablespoon lemon juice
3 medium bananas, chopped
¼ cup coarsely chopped toasted almonds

Stir together pie filling, ice cream, and lemon juice. Stir in bananas and nuts. Turn into 8 individual molds. Freeze firm, at least several hours. Refrigerate 15 minutes before serving. Unmold onto lettuce-lined plates. Makes 8 servings. ■



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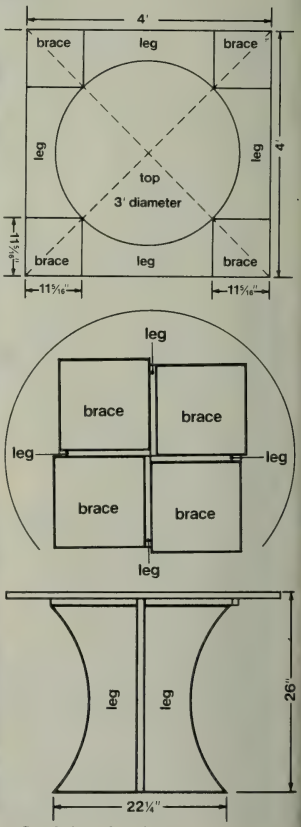
RICH. RARE. REMARKABLY SMOOTH

Build this table from a half sheet of plywood

What makes this table special is not just its classic good looks or the ease with which it goes together. The remarkable thing about it is that it requires only about $15 worth of materials. You start with a half sheet of ¾-inch plywood, and when you're through cutting the pieces, all that's left over is sawdust.



Photograph: William N. Hopkins. Designer: Dustin Davis



To lay the table pieces out, find the center of the 4x4-foot sheet of plywood. Using this as a guide, draw a 36-inch circle in the center of the wood. At each corner of the sheet, mark a 11 5/16-inch square. Cut out all pieces—the circular tabletop, the four curved legs, and the four square braces. Glue and screw two legs together to form a right angle. Attach one of the braces to the top of each right-angled pair of legs. Attach the two pairs of legs and braces to the underside of the table, following our diagram. Then position the last two braces and glue and screw them into the bottom of the table.

Sand the table thoroughly, then finish it any way you want. We painted ours a semigloss white. You may want to finish yours with a wood stain and satin varnish, or a bright, colorful enamel. For extra protection, give the tabletop several coats of polyurethane varnish, sanding between coats. ■

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SUMMER TRIMMER SALAD.

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In large salad bowl combine salad greens, mushrooms, tomatoes, onions, Bac*Os and half the cheese product. Arrange remaining cheese product on top. Toss with dressing. Pass freshly ground pepper and additional dressing.

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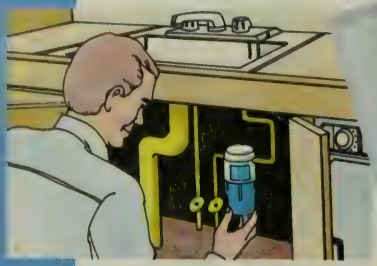
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New! A Filter to get your family drinking water again

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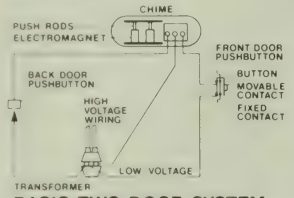
Doorbell troubleshooting

If your doorbell occasionally lets you down—or has stopped working altogether—there's no need to call an electrician. Troubleshooting a doorbell is a simple, safe, and—with luck—short job that you can handle. Here's how:

If the bell works occasionally, the trouble can most likely be found at (1) the button or (2) in a loose connection at the bell or transformer. Start with the button. Take off the cover and hold the two bare wires together—or hold a screwdriver across the two contact points. If the bell doesn't ring, the trouble is elsewhere. If it does ring, clean the contact points with emery paper and see that the movable contact reaches the fixed contacts.

Assuming the button is OK, check for loose connections—at the bell itself and at the transformer—by moving the wires while someone presses the bell. The transformer (a two-inch cube) is usually located in the basement or garage, attached to a joist or junction box. You'll find the transformer by tracing the bell wire—which is generally white wrapped with a blue or red stripe. The wire is lightly insulated (whereas high-voltage house wires are heavily insulated and are in cable or conduit) because it carries less than 20 volts. You can safely work on the *low-voltage side* of the transformer without disconnecting a fuse or circuit breaker. Do *not* work on the 120-volt side without shutting off the power.

If the transformer connections are tight, test the transformer by holding a screwdriver blade across the bell wire connections. If you don't get a weak spark, the transformer needs to be replaced. If you do see a spark—however weak—the transformer is OK, and the trouble can be narrowed down to either the bell itself or the bell wire.



BASIC TWO-DOOR SYSTEM

Check the bell first—that's easier—by removing it from the wall and taking it to the transformer. Connect the bell with wires to the bell wire connections. If the bell rings, the trouble is in the wiring. If it doesn't ring, don't assume the bell is defective until you've cleaned it. Clean lint and dust from the hammer—or the rods and strikers if you have chimes—and rub a piece of emery cloth on the contacts at the side of the coils. If this doesn't do the job, you need a new bell.

If the bell is all right and the trouble is in the wire between the transformer and the button, check for breaks in the wire that's visible. If at first you don't succeed—better install new wire.

Whatever the outcome, you'll be glad you paid yourself a service call. ■

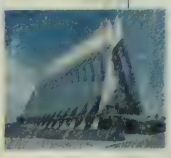
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Is your roof watertight?

Once a year, before the rainy season begins, scale your roof to check it for leaks. Wearing rubber-soled shoes will give you needed traction. To minimize damage to the roof, choose a warm—not hot—day to make your inspection tour. Roofing materials become brittle in cool temperatures, gooey in hot weather.

Leaks may occur anywhere, but the most obvious places to check are where roofing has buckled, split, or worn away. To leakproof such spots, replace the roofing material or seal the opening with roofing cement.

Checking the flashing

The source of many leaks in roofs is not the roofing material at all but the flashing. Search carefully around chimney, vents, and in the valley between two roof planes. Even small holes or gaps in the flashing destroy the roof's watertight seal. Plug holes in asphalt flashing with roofing cement. Seal metal flashing with solder or plastic metal; silicone or rubber caulking compound works, too.

Where flashing has pulled loose from masonry, chip out the broken mortar. If the flashing has sprung loose, push it back into the crack. Then fill the crack with latex or epoxy cement.

Checking for leaks from the inside

A rainy day is the perfect time for indoor roof inspection. On sunny days, a garden sprinkler tied to the roof can simulate a rainstorm. Then head for the attic to check for leaks.

Look for water stains on the underside of the sheathing, pinpoints of light coming through, and, of course, drips. Water often runs along rafters or sheathing before falling, so trace the path to find its source. Once you've found a leak, push a wire through the hole to help you locate it when you're on the roof making repairs.

When leaks aren't the culprits

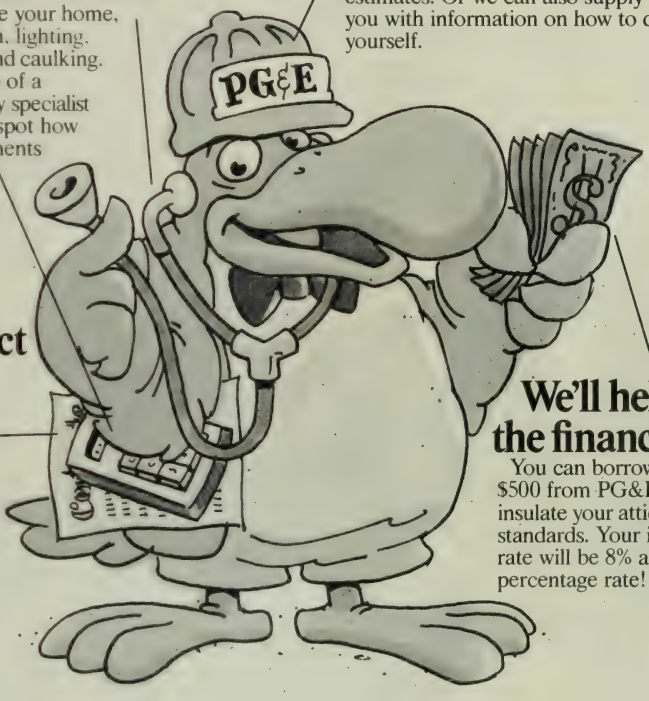
If there's no leak in the roof, perhaps your water problems are caused by condensation collecting in the attic. The solution: Vent the attic *all year long* to control moisture. ■

We'll give your home a complete check-up. Free.

Make an appointment to have a PG&E energy specialist look over your whole house. He or she will come out at a time that's convenient for you and measure your home, check the insulation, lighting, weatherstripping, and caulking. Then, with the help of a computer, our energy specialist will tell you on the spot how much the improvements will cost and how much they will save you.

We'll help insulate your attic.

If you like, PG&E will contract the whole job for you. Or we'll give you names of contractors and retailers participating in our insulation program. They'll give free estimates. Or we can also supply you with information on how to do it yourself.



We'll inspect your attic. Free.

If you've already insulated, our inspector can come out to make sure everything has been done just right. All you do is call for an appointment.

We'll help with the financing.

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Anytime between 8AM and 5PM,
Monday through Saturday.

Our contractor's license number is 339629

"WE LOVE THIS OLD HOUSE OF OURS. AND THANKS TO DAY & NIGHT, MAYBE WE CAN AFFORD TO KEEP IT."

We bought this place because we saw so many possibilities in it. So we renovated it from top to bottom. Did it all ourselves.

Then energy costs began to go sky-high. And when our heating and cooling bills hit, we knew we needed help.

That's when we called in an expert. Our independent Day & Night dealer.

Now there's someone who really knows his stuff. He checked out the entire place. Told us where we could use more insulation, and how much. And where we needed weather stripping. But best of all, he came up with the perfect energy-saving heating and cooling system. Not one BTU more than we needed.

It was like getting a custom-engineered system for our house and our weather.

Energy costs sure aren't going to come down. But thanks to our Day & Night dealer, at least we know we're getting the most energy for our money.

THE GREAT INDOORS® PEOPLE

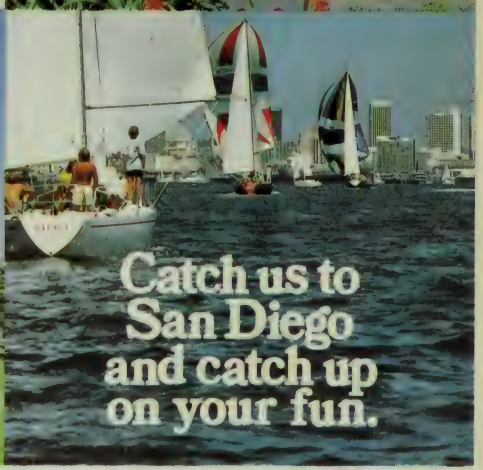
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PSA

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Does it make sense to throw away $37 a year?

If you don't like throwing away dollars, New Fresh Feeling makes sense. It's the first semi-disposable douche. All you dispose of are the 12-ounce bags. (You can get refills in boxes of six.) The rest of the Fresh Feeling kit you save. So, douching twice a week* with Fresh Feeling, instead of the leading disposable, can save you $37 a year. Now that's sensible.



Does it make sense to settle for only 4½ fluid ounces?

Check the small print, and you'll find most disposable douches hold only 4½, at most 6, fluid ounces. You may think that's enough. But is it? Each Fresh Feeling bag holds 12 ounces. So you get over twice the cleansing capacity of the leading disposable—every time you douche with Fresh Feeling. And that makes a lot of sense.



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Not if you don't have to give up convenience. And with Fresh Feeling you don't. Each bag is filled with lightly scented, pre-measured powder. You merely add warm water. And the feeling's warm and refreshing. Not cold and uncomfortable like pre-mixed disposable douches can be. If you want to feel fresh and clean, and really rather sensible, discover New Fresh Feeling.



The totally sensible, semi-disposable douche.

*Maximum use suggested by physicians

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

WINDOW FASHIONS BY THE YARD
Page 28: Roman shade fabric—Henry Calvin Fabrics, 724 Battery St., San Francisco, Calif. 94111. Carpet—Carousel Carpet Mills, Inc., One Carousel Lane, Ukiah, Calif. 95482.
Page 29 (left): Wallpaper and fabric—Woodson Wallpapers, 979 Third Ave., N.Y., N.Y. 10022. Silver—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. China—Royal Worcester Spode Inc., 26 Kennedys Blvd., E. Brunswick, N.J. 08816. (Right): Drapery fabric—Artlee Fabrics, 100 New South Rd., Hicksville, N.Y. 11801. Table, chairs—Hickory Chair Co., Box 2147, Hickory, N.C. 28601.
Page 30 (left): Shade—Norman's of Salisbury, P.O. Drawer 799, Salisbury, N.C. 28144.
Page 31: Chair and window panel fabric—Quadrille Wallpapers & Fabrics, 979 Third Ave., N.Y., N.Y. 10022.
Page 32 (top): Wallpaper and fabric—Waverly Decorative Fabrics, 58 W. 40th St., N.Y., N.Y. 10018. (Center): Sheet fabric for windows, bed, table—Wamsutta, Suite 800, Emerson Center, 2814 New Spring Rd., Atlanta, Ga. 30339.
Page 33—Fabric for draperies—Cost Plus Imports, 2552 Taylor St., San Francisco, Calif. 94144.

PAY-AS-YOU-GO FUN CENTER
Page 108: All lumber—California Redwood Association, One Lombard St., San Francisco, Calif. 94111.

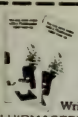
FRESH SUMMER FRUIT
Page 117 (left back): Baking dish—The Pfaltzgraff Co., 140 E. Market St., York, Pa. 17405.
Page 118 (left back): Platter—Mitteldorfer/Strauss, Inc., 41 Madison Avenue, N.Y., N.Y. 10010. (Right back): platter—"Le Rotisseur"—Goebel Hummelwerk, 250 Clearbrook Rd., Elmsford, N.Y. 10523.

HE COOKS: ALBONDIGAS TIKAL
Page 130 (right): Soup bowls—Nontake Company, Inc., Cincinnati, Ohio 45215. Trivet—H.E. Lauffer Company, Inc., Belmont Drive, Somerset, N.J. 08873.

PRIZE TESTED RECIPES
Page 133 (left): Glasses—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, Ohio 43693.
Page 134 (center left): Casserole "Woodspice"—Lenox Inc., Prince & Meade Sts., Trenton, N.J. 08605. (Center right): Mugs—Ingrid Ltd., 225 5th Ave., N.Y., N.Y. 10010.

NEW POTATO KNOW-HOW
Page 160 (left): Wooden bowl—Bowl and Board, 12 St. Marks Place, N.Y., N.Y. 10003. Dinner plate "Primary"—Franciscan Table Top Fashions, Interpace Corporation, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Right): Oval platter—Fitz & Floyd, 1371 Round Table Dr., Dallas, Tex. 75247. Serving spoon "American Colonial"—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421.

SPECIAL DIETS: FAT-CONTROLLED RECIPES
Page 162: Plate—Denby, Ltd., 41 Madison Ave., New York, N.Y. 10010. Small bowl "Mahogany"—Nontake Co., Inc., Cincinnati, Ohio 45215.



Save Water
With A Toilet Tune-Up.
Just one leaking toilet can waste up to 78,000 gallons of water each year due to a defective tank mechanism. Why go on wasting water! Write for your free Tune-Up Brochure.
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[illegible] Dept. BH Anaheim, California [illegible]

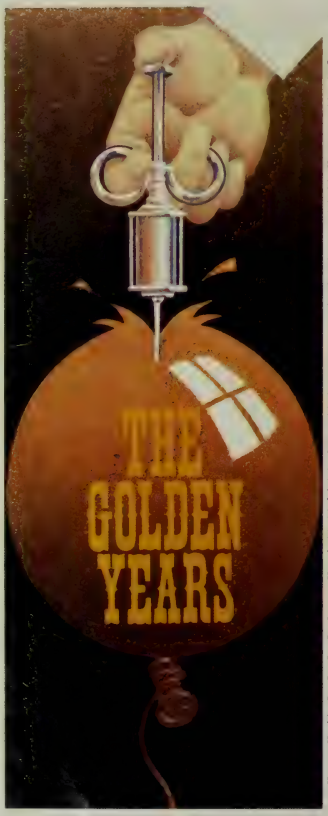


MONEY Margaret Daly

MEDIGAP: WHAT CAN THE ELDERLY DO?

Stories about health insurance rip-offs of the elderly have been much in the news lately. The prime culprits: high-pressure salesmen who scare older people into buying policies they don't need and can't afford by pointing out the gaps in Medicare coverage.

Despite the horror stories, most well-established companies do their best to fill many of the Medicare gaps at reasonable rates. One major problem is the continued cataclysmic rise of health care costs. There's simply no affordable way that Medicare today, even with good private insurance, can foot the entire bill. What's more, it takes some dogged concentration to understand Medicare and explore the options for getting supplemental insurance.



What does Medicare pay for?

This government insurance was never designed to meet all the health care costs of the elderly. In fact, in 1977 Medicare paid only 38 percent of those expenses. Though such aggregate figures do not give a realistic picture of individual costs, it seems clear that Medicare alone cannot pay all the costs for someone who gets seriously ill or injured in retirement years.

Some supplemental coverage is essential, but that coverage should match individual needs and resources. To determine what supplements are best, you must first understand what Medicare does and does not cover.

Medicare is available to almost everyone aged 65 and older, as well as to some people under 65. The program has two parts: Part A, for hospital care and some post-hospital care in a skilled nursing facility or in the patient's home, and Part B, to help pay doctors' bills and some other costs.

Medicare A is free to people 65 and over if they are entitled to retirement or survivor's benefits under social security or the railroad retirement system, and to people under 65 who meet certain disability requirements. People of any age who suffer permanent kidney failure also are entitled to Medicare A at no cost. People 65 and over not eligible under those terms may purchase Medicare A for $63 a month ($69 after July 1, 1979).

You must pay for Part B—currently $8.20 a month ($8.70 after July 1). The Part B fee is deducted automatically from your monthly social security check unless you decide not to enroll. (If you do not receive social security checks, you still can apply for Medicare B and pay directly every three months.) For each year you delay enrollment after becoming eligible, your premium is hiked by ten percent.

● **Medicare A: Hospital insurance.** Medicare pays for all covered services —but only those listed by Medicare (see following)—for the first through the 60th day you're in the hospital. You are responsible for paying a *deductible* of $160 in that period. Among the *covered services* are a semiprivate room, regular nursing services, all meals (including special diets), drugs provided by the hospital, rehabilitation services, and costs of operations and recovery rooms. The government pamphlet, "Your Medicare Handbook," has details (see the end of this article).

If you must remain in the hospital beyond 60 days, a *coinsurance* clause takes over: You pay the first $40 a day, the government pays the rest. After the 90th day, you may draw on 60 lifetime *reserve days.* These can be used at any time—but only once during your lifetime—and you pay the first $80 each day.

With the exception of the 60 reserve days, these rules apply to each "benefit period": Sixty consecutive days after you leave the hospital or other "qualified" institution (one that primarily furnishes skilled nursing or rehabilitation care, *not* just custodial care), you start fresh with the above procedures.

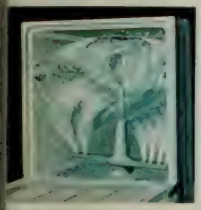
Though there is always the danger of a long-term illness, Medicare hospital coverage far exceeds the average Medicare recipient's hospital stay of 11 days. For most people, the biggest cost comes with the deductible, which has risen 54 percent (from $104 to $160) since 1976 to compensate at least in part for soaring health care costs. A similar hike in the coinsurance requirements has proved costly for the small number (about three percent of Medicare recipients) who must remain in the hospital for more than a 60-day stint.

Medicare will also share costs for stays at a qualified psychiatric facility —but for no more than 190 days during your lifetime.

● **Medicare A: Care in a skilled nursing facility.** Requirements are strict for this coverage. First, the home must be a *skilled nursing facility*—a

continued

"WITH THE POTSCRUBBER® III DISHWASHER EVERYTHING COMES OUT BEAUTIFULLY: MY CHINA, MY CRYSTAL, EVEN MY SILVERPLATE."



That's because the Potscrubber III dishwasher cleans better than any dishwasher General Electric has ever made.

The exclusive Multi-Orbit™ wash arm directs a constantly changing pattern of water up through the dishes. This arm, combined with the Power Shower on top and the Power Tower in the middle, gives you 3-level washing action to get your dishes and glasses cleaner than ever before.

And the Potscrubber III dishwasher even washes those messy cooking utensils. Its special Power Scrub® cycle, while it may not do everything (such as remove burned-on soils), is designed to remove dried-on and baked-on foods from pots, pans and casseroles.

Emily Wax
Bellmore, New York

"I LIKE THE ENERGY SAVER FEATURE."



We made the Potscrubber III dishwasher to be a real energy saver. It's specially designed to use less hot water than our previous models. That means your family could save hundreds of gallons a year. And the Energy Saver button lets the dishes dry naturally. That makes it cost even less to run.

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The Potscrubber III dishwasher is designed with General Electric's exclusive PermaTuf interior that makes the tub durable. So durable, it has a 10-year warranty.*

That same PermaTuf interior is actually a sound-dampening material which helps your Potscrubber III dishwasher run quietly, too. And we even surround the PermaTuf tub with a blanket of sound insulation.

No wonder women all over America find such nice things to say about their Potscrubber III dishwashers. See the Potscrubber III dishwasher at your local GE dealer.

*GE will repair the tub or door liner if it should fail to contain water due to a manufacturing defect such as chipping, cracking, peeling or rusting in normal use. Warranty not available in Virgin Islands, Guam, American Samoa, Canal Zone, Puerto Rico. Limited warranty in Alaska – does not cover cost of service-related transportation. Complete terms and conditions available at your GE dealer.

GENERAL ELECTRIC





continued

Medigap

Medicare-certified institution where the care is medical rather than just custodial. Second, you must meet certain criteria, such as being admitted to the home generally within 14 days after leaving the hospital. (Such requirements reflect an attempt to hold Medicare costs down by linking the stay to medical rather than custodial needs.)

Medicare will share costs for up to 100 days of care in a skilled nursing facility. For the first 20 days, you pay nothing. For the following 80 days, you pay the first $20 a day and Medicare picks up the rest of the tab for covered services up to 100 days (see booklet).

• **Medicare A: Home health care.** Up to 100 visits to the home are covered for treatment after a minimum hospital stay of three days. There are no deductible or coinsurance requirements. The home services must be necessary for further treatment of the patient, whose doctor has developed and supervises the home care.

• **Medicare B: Doctor, outpatient hospital, and other charges.** This helps pay for the doctors' bills and other services such as diagnostic tests, physical therapy, prosthetic devices, and up to 100 visits to your home by health care personnel each year (may be in addition to Medicare A). Under Medicare B, you must pay the first $60 a year. Then the government shares additional costs—generally 80 percent of all *reasonable charges* for specific expenses.

There's a catch here, though—one that can mean considerably more in out-of-pocket expenditures than you anticipate. The problem: Medicare's definition of "reasonable charges" is often way out of date—by at least a year and frequently as much as two years. Based on a complicated formula, the charges that Medicare will allow take into account the "customary" and "prevailing" charges in the geographic area, the doctor's usual bills for particular services, plus an Economic Index which limits the amount of physician fee increases that Medicare will accept as reasonable.

Medicare covers just 80 percent of whichever is lowest of the customary, prevailing, or actual charge. Unless a doctor accepts *Medicare assignments,* which means that he agrees to be bound by the Medicare formula for "reasonable charges," you will owe the difference.

Recent surveys find that only about one out of three doctors routinely accept Medicare assignments. Some won't at all; some will accept them in certain cases only.

• **Other medical costs.** Medicare does *not* pay for expenses such as private nurses, prescription drugs outside the hospital, custodial care in nursing homes, eyeglasses, hearing aids, dentures, regular doctor checkups—all of which are medical costs that are likely to hit older people at one time or another.

continued

HOW WELL DO THOSE POLICIES FILL THE GAPS?

Here's a simple way to compare how various policies pick up out-of-pocket expenses Medicare doesn't cover. Study the top half of the chart to see what Medicare will and will not pay. Then fill in the appropriate facts for various supplementary insurance policies. See the text for details.

	MEDICARE A—Hospital					MEDICARE B—Doctor, outpatient hospital, and other covered services
	Inpatient hospital			Skilled nursing facility		You pay: • the first $60 each year • 20% of "reasonable charges" • any difference between Medicare definition of those charges and the actual costs (unless assignment has been taken—refer to article) • uncovered expenses such as prescription drugs, private nurses, eyeglasses, etc.
Length of each successive benefit period:	1st-60th day	61st-90th day	91st-150th* day	1st-20th day	21st-100th day	
You pay:	the first $160	$40 a day	$80 a day	nothing	$20 a day	
Medicare pays:	all other covered charges			all other covered charges		Medicare pays: After the $60 deductible, 80% of "reasonable charges"
Medigap** policies pay: Policy I (premium of $_____a year)						Medigap** policies pay: Policy I (premium of $_____a year)
Policy II (premium of $_____a year)						Policy II (premium of $_____a year)
Policy III (premium of $_____a year)						Policy III (premium of $_____a year)

* So long as 60 lifetime reserve days remain

** Note that policies vary also in terms about preexisting conditions and other factors.

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ne grocery store.
s 20.6 cu. ft. no-
t refrigerator has
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zer space. Take
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es by stocking up.



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energy saver
ch, when used
ne normal
tion, helps cut
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Save Space.
With totally adjustable shelves. Or make space for big cartons and odd-sized containers.

Save Money.
The automatic icemaker comes at no extra charge. It replaces ice as you use it. And the removable storage tray holds up to 190 ice cubes.

TBFM-21VY

JY THIS GENERAL ELECTRIC BIG SAVER REFRIGERATOR FORE JULY 31, 1979, AND GET THE ICEMAKER AT NO EXTRA CHARGE.

Thinking about buying a new GE refrigerator? w's the time, because GE is offering this model lealers with factory-installed icemaker at no ra charge.*

You'll make other big savings too. You see, GE refrigerator is designed to save you space, rgy, work and time.

And because this GE refrigerator is also built ast, you'll keep on saving in all these ways for rs to come.

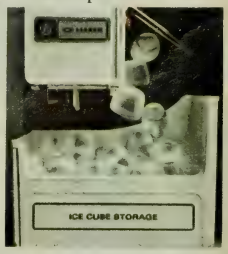
It's no wonder we've had many letters from families telling us that the GE refrigerators they bought years ago are still running smoothly today. They feel it's been a good investment.

So stop by your nearest dealer now, and look at our Big Savers.

It could be a visit that'll pay off for years to come.

*Prices, terms optional with participating dealers.

IT ALL ADDS UP TO A GOOD INVESTMENT.



GENERAL ELECTRIC

continued

Medigap

Can private insurance help?

No policy will fill all the gaps in Medicare, at least at a price most of us can afford. But some policies are clearly better than others at matching specific needs.

Be sure you or any relative under Medicare understands this key point: *There is rarely any advantage to buying duplicating coverage.* Many policies state specifically that they will not pay for something already covered elsewhere. Other policies do pay despite similar coverage—but that extra cash may not always be necessary.

One of the main misunderstandings bared in recent congressional hearings was that some elderly people, frightened by the prospect of financial ruin brought on by failing health, were persuaded to purchase hundreds and even thousands of dollars' worth of medical insurance. Yet much of the coverage was useless because of duplication with Medicare and other insurance. That's why it's crucial to examine carefully what's actually needed, given Medicare and other existing coverage, and what can be afforded in addition if necessary.

Extending existing coverage

Before you retire, find out what—if any—health insurance you can continue from current coverage. You may get a real cost break. And, you'll probably avoid any waiting period for eligibility after you retire—something a new policy may require.

- **Group insurance.** Ask your employer or group carrier whether the plan can be continued after you retire, and at what cost to you. Often the employer pays part of your premiums.

Even if you must pay the premiums yourself, the group insurance could be cheaper than comparable individual policies.

Sit down with the group plan expert so that you understand exactly what will be covered and how it may dovetail with Medicare. Also ask whether the group coverage can be transferred to a health maintenance organization (HMO) if there is a good one locally.

You may still want to buy supplemental insurance, but it's likely you can get by with a cheaper policy than you would need otherwise.

- **Individual major medical insurance.** Some of these policies are guaranteed renewable for life and may cover some of your hospital co-payments and other costs under Medicare. Again, check exact benefits carefully to determine if you'll need additional protection.

What about "Medigap" insurance?

A wide range of policies is available: from agents representing insurance companies, from Blue Cross/Blue Shield plans, through the mail, and through several retirement organizations. It's smart to check all four avenues. Typical premiums run from about $55 to $220 per person per year (sometimes more for the very elderly).

Some policies focus on specific needs, such as outpatient or nursing home care. (Nursing home policies are generally just for medical, not custodial, care—one of the great gaps today in both government and private insur-

continued

Did their hands fool you?



(Cont'd from page 167)

Maura's grandma is on the left. Her mother on the right. Obviously, young-looking hands run in their family. They say Ivory Liquid helps.



Mild Ivory Liquid helps hands stay young looking.

We're looking for mothers and daughters who are Ivory Liquid users. If you know of any, write and let us know. Maybe they'll be in an Ivory Liquid ad. Send letters to: Ivory Liquid, Box 599 Cincinnati, Ohio 45202



$2.00 refund by mail when you buy Ivory Liquid and Polaroid color film. (type 108 or type 88) Details on Ivory Liquid bottles

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You know that cleaning the inside of the oven is the worst job in the kitchen.

At General Electric, we've known this for a long time, too. That's why in 1964 we came up with a unique solution to the problem.



The oven cleans itself.



In 1964 we invented the self-cleaning oven. Many are still in use.

We invented the very first self-cleaning oven. Since then, GE has produced and sold over four million of them. Which means that millions of people are now free from getting down on their hands and knees to do the dirtiest job of them all.

How a GE self-cleaning oven does the dirty work for you.

It takes just a few seconds to set the controls on a GE self-cleaning oven, and the oven goes to work.

It cleans off splashes from casseroles, spills from soufflés, even stubborn baked-on stains that once needed endless scrubbing. Even those awkward corners and nooks and crannies are left spotless.

And you should know that the General Electric self-cleaning system gets your oven much cleaner than any continuous cleaning system. The GE self-cleaning process costs only pennies each time you use it, too.*

A choice of styles to suit your style.

General Electric offers you a complete line of self-cleaning ovens to choose from. So whatever style of oven you want – built-in, , slide-in, freestanding, single or double oven – there's a GE self-cleaning oven that's right for you.

The GE self-cleaning ovens. The best way to clean up the worst job in the kitchen.



This is the JB500, our most popular self-cleaning oven. Its modern detailing includes a precision digital clock and timer, attractive wood-grain vinyl trim and a glass control panel, together with three special features to help you save energy.

*Based on a national average cost of 5.8¢/KWH for electricity

YOU CAN COUNT ON GE FOR GREAT IDEAS IN COOKING.

GENERAL ELECTRIC

Medigap

ance for the elderly.) Other policies are more comprehensive and generally more expensive. Many are designed to supplement Medicare in specific ways, such as paying the deductibles and coinsurance or providing extra cash for hospital stays.

You'll find two basic kinds of benefits. There are advantages and disadvantages to each:

- **Indemnity benefits.** One form appears in *hospital income policies.* These pay you a predetermined, or "fixed dollar," amount of cash per day during a specified period while you're in the hospital. (You can buy these policies before retirement, too.) Indemnity policies also set fixed rates for surgical and other procedures, no matter what the actual charge.

The advantages: Premiums stay relatively stable over the years. Also, when you don't need the cash for expenses covered by Medicare or other sources, you have the money in hand to apply to other bills. The prime disadvantage: Payments to you remain fixed even though medical costs rise.

- **Service benefits.** These pay all or a share of actual costs and adjust as those costs change. When Medicare deductibles and coinsurance requirements rise, for example, a policy paying service benefits may raise its coverage to handle the entire bill. Similarly, more dollars will go to surgical procedures as those costs increase.

The advantage: Payments keep up with rising medical costs to some degree. The basic disadvantage: With inflation, premiums rise as well—or coverage is cut back.

What protective steps can you take?

Consider all the following to help fill in the gaps in Medicare:

- If possible, extend existing group or major medical insurance into your retirement years—presuming costs and coverage create a better deal than you can get elsewhere.
- Make certain you understand exactly what coverage Medicare provides and what may fill in the gaps from other sources.
- If you or your family can handle some of the first-dollar expenses (such as deductibles) out of pocket, concentrate your premium dollars to cover longer range and potentially very high medical costs.
- Consider the issues of indemnity versus service payments carefully. (See preceding section.) Some policies combine the two, and some companies offer a choice.
- Don't turn down Medicare B. It's a bargain, even with the monthly premium you must pay.
- Don't let salesmen pressure you or your parents into making a decision. Order details on several policies through the mail or by phone and take the time to compare them all before buying. The chart with this article will help you sort out the options.
- Avoid duplicate coverage. Buy only what you need.
- Look over policy clauses about *preexisting conditions.* Some policies require up to a two-year waiting period, others require just six months or less.
- Study *renewal clauses.* "Guaranteed renewable" is best, though you will pay a bit more for it.

continued

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Mattress pads with the "rest assured" mark and Evolution fabric...the ultimate in mattress protection.

Available in a number of styles and decorator colors for both mattress and pillow protection.

Look for this label and make a change for the better.

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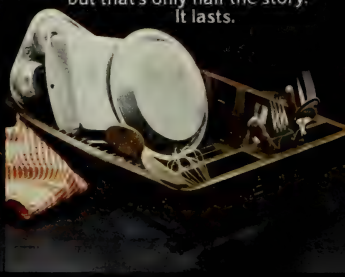
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Made to last. A Dishpan that doesn't have to be replaced before its time.



Our Dish Drainer is pretty, but that's only half the story. It lasts.



Made for years of washing and wear.



These stacking Storage Bins fit neatly under the sink.



The top stays open when you want it to.



The top closes by itself.



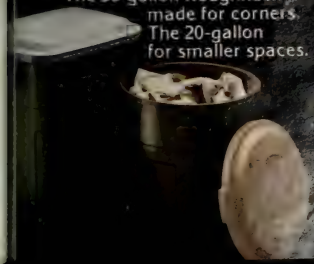
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The 30-gallon Roughneck is made for corners. The 20-gallon for smaller spaces.



Our Roughneck Bucket takes after all our Roughnecks. Big spout, too.



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You must notify the hospital of that intention in advance, in writing.

- If you question a decision about how much (if anything) will be paid on a claim, be sure to pursue the matter. There may have been a misunderstanding, especially since administrators are under pressure these days to hold down expenditures. Start by requesting a review from the Medicare organization that made the decision. If you are still dissatisfied and the dispute is for more than $100, you can ask for a formal hearing; for a hospital (but not other medical) insurance claim amounting to $1,000 or more, the case may be appealed to a federal court.
- Remember that good preventive health care is the best cost-cutter of all. Seek expert advice about exercise, nutrition, weight, stress, and other health-influencing factors, and then follow through.

For more information

- Get the latest Medicare booklet from your local social security office. It details all the coverage and requirements under present law.
- Write for a free copy of "What you should know about health insurance when you retire" from the Health Insurance Institute, 1850 K Street N.W., Washington, D.C. 20006.
- Get a free copy of "Consumer Tips on Buying Insurance by Mail." Send a self-addressed, stamped envelope to the Direct Marketing Insurance Council, Dept. B, 20 North Wacker Drive, Chicago, Illinois 60606. ■

continued

Medigap

- Make sure that institutions and professionals who provide medical services to you have been approved for Medicare payments.
- Ask doctors whether they accept Medicare assignments, and look for other professionals who do (assuming you are confident about their ability , of course).
- Even if a doctor does not accept Medicare assignments, try to pin down cost details in advance. If you are assisting elderly parents in such a situation, be prepared to represent their interests: It's often especially difficult for elderly people to ask such questions of doctors, so you may have to step in for your parents. You also might check with the local Medicare carrier (get the name from the social security office) to find out the maximum fees Medicare will pay for specific services. Neither of these approaches is foolproof, especially with something as unpredictable as medical needs. But at least you'll have some information to help you question charges.
- If an illness threatens to be prolonged, discuss with the doctor the possibility of transferring to a skilled nursing facility after the first 60 days in the hospital. That $20-a-day coinsurance is half that required for a hospital after 60 days, and the first 20 days in the skilled nursing facility are free to you.
- For a hospital stay beyond 90 days, avoid using reserve Medicare days if you have insurance that will pay instead.





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A clear case for Pledge.





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With Pledge, the wood looks clean and more beautiful. You can see the grain.

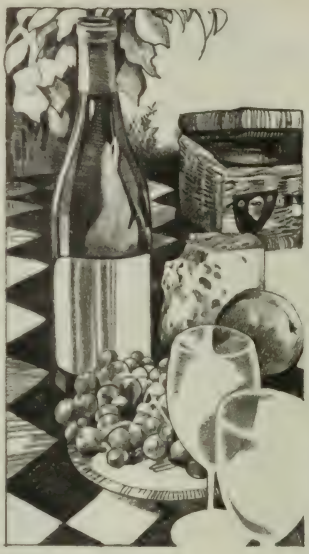
Now, isn't it clear why you should change to Pledge?

See clean natural beauty. Everytime you dust.



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An update on wine serving

There was a time, and not too long ago, when every book about wine laid down rigid rules for serving it. The elaborate protocol was enough to frighten anyone away from enjoying wine as an everyday accompaniment to food.

Many of those books were written by Englishmen. The English have always surrounded wine with ceremony, and their books have been written primarily about the traditional Bordeaux wines of France. But in the United States, we drink more of the new and different wines from California and other American wine-growing regions. They are more varied than any other country's wines. Some are uniquely our own.

In short, it's a whole new ball game. That means it's time to take another look at those rules to see how much of the old tradition applies to the way we live today.

Nine changing wine traditions

1. **Tradition:** Open a red wine at least an hour before serving, so that the wine can "breathe."

Today: Now authorities are telling us that wines don't need to breathe. Tests have shown that many wine drinkers prefer a bottle just opened to one that has been uncorked an hour. Open wine early for your own convenience, not for more flavor.

2. **Tradition:** Decant an old wine (pour the wine off its sediment).

Today: Most wines don't have any sediment. True, an old port or old Bordeaux wine may have some heavy settlings. If so, the choice is to decant the wine or to stand the bottle up until the settlings fall to the bottom, then pour carefully, so as not to disturb them. While 99 percent of the wine we drink is filtered to remove any precipitate and needs no decanting, it is fun to pour fresh young red and white wines into carafes which may be passed around the table.

3. **Tradition:** Keep wine bottles lying on their sides in a cool, dark cellar.

Today: How many of you have a cool, dark cellar? And how are you going to get those larger 1.5 liter bottles of varying shapes to lie down? The cool, dark cellar is for wines to be saved four or five years for future drinking—red wines of top quality that improve in the bottle.

Most everyday wines do not improve with age; you buy them for present consumption. To avoid the nuisance of running to the wineshop every few days, you can store several jugs of ordinary red and white wine upright on a shelf until you are ready for them. They'll hold well for a month or two at least. Smaller 750-milliliter (close in size to the old fifth) bottles can be stored on their sides in a wine rack kept in your kitchen.

4. **Tradition:** Serve white wine with fish and white meats, red wine with beef and game.

Today: This is a good general rule which is being flouted today, chiefly because of the American passion for white wines. Many novice wine buffs insist upon white wine before, during, and after a meal. There is some precedent for this rule of thumb. In Alsace and in Germany, for example, almost all of the wines are white and so are served with fish and red meat alike.

There's nothing wrong with a full-bodied, dry Chardonnay or White Riesling with a roast—and sometimes a fruity, light-bodied red wine like Gamay is good with salmon or trout. But red wine with oysters is unthinkable (the combination seems to leave a metallic taste in the mouth), and most experienced wine drinkers much prefer red wine with beef and game.

5. **Tradition:** Rosé wine goes well with any kind of food.

Today: Modern pink wines no longer are all sweet and bland. California wine makers are producing pink varietals made as carefully as most white or red wines. They have much more character, are much more versatile than their predecessors, and most of them are dry. They should be matched with food as carefully as white or red wines are. No longer are rosés the orphans of wine making, dismissed with a shrug and an "anything goes."

A rosé of Pinot Noir, Cabernet Sauvignon, or Zinfandel can be delicious with a roast as well as a casserole. Do try the new varietal pink wines of California, well chilled, with many foods, and without food, as well. You'll find them delightful, worthy of your best cooking.

6. **Tradition:** Serve white wines chilled, red wines at room temperature.

Today: This is still a good rule of thumb. But because Americans tend to like all beverages cold, many vintners are making young red wines that taste delicious cold. If you prefer, serve a Ruby Cabernet, inexpensive Zinfandel, or any everyday red jug wine cold. Just remember that chilling reduces fragrance and flavor (sometimes that's an advantage!), so the better the wine, the less you should chill it.

continued

Drawing: Picard Didier



continued

American wines

On a hot summer day, everyday red and white wines may be served with an ice cube or two; a twist of lemon and some sparkling water may help, too. In other words, don't hesitate to take liberties with these wines. They are made for your enjoyment.

7. **Tradition:** Wine should not be served with salads.

Today: The flavor of vinegar clashes with wine, so it is best to avoid vinegary salads while drinking wine. Creamy salad dressings such as thousand island or blue cheese are more compatible with wine than, say, vinegar and oil. But if you are served a vinegary salad the answer is to eat a piece of bread between bites of salad and meat, or to leave the salad until you have finished the main course.

8. **Tradition:** If you cook with wine, serve the same wine with the dish.

Today: Absurd! Cooking transforms the flavor of wine anyway, so this dictum isn't at all necessary. Sherry is a favorite cooking wine; imagine drinking sherry with all sherry-flavored dishes! Sherry-flavored creamed chicken would be better with, say, a chilled glass of Chenin Blanc or French Colombard. Suppose you flavor the chicken with either of those white wines—the same wine would be OK, but so would a good chablis.

9. **Tradition:** Serve a light wine before a robust one, a dry one before a sweet one, and always, white before red.

Today: While the principle is good, it's based on the assumption that you are going to have more than one wine for dinner. Let's leave that rule to those who are banqueting! ■

Produced by Ruth Ellen Church



Want to learn more about serving, sipping, and cooking with American wines? Now there's a new wine guide to help you—the *Better Homes and Gardens*® "FAVORITE AMERICAN WINES And How to Enjoy Them." This 96-page book, which briefly decribes more than 50 different American wines, is available for $3.95 wherever books are sold.

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Polly Bergen is a member of the Singer Board of Directors.

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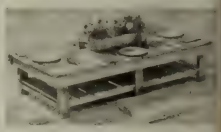
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GOOD NEWS PLUS

All-season seating



Just in time for summer sun, Brown Jordan (Box 1269, El Monte, Calif.) has come out with "Cricket," a handsome, comfortable, all-weather folding chair that is available as a lounge or dining chair. The aluminum frame comes in a choice of nine colors from soft putty to bright zinnia. Seat slings, which are washable and can be easily replaced, are made of Versatex, a polyester mesh that resists mildew, ultraviolet rays, and stains. The slings are offered in eight colors plus white. "Soft-Quilt" cushions, filled with Dacron fiberfill, are also covered in Versatex. The lounge chair is $93, dining chair $89, and the cushion for either is $33.

Gourmet's nirvana

One April day in 1840,a 16-year-old French immigrant opened a small inn on the Rue St. Louis in New Orleans. The immigrant's name was Antoine Alciatore and his hostelry, Antoine's, is today one of the foremost restaurants in America. Roy F. Guste, the present proprietor of Antoine's and the great-great-grandson of the founder, has recently published *Antoine's Restaurant Cookbook,* a compilation of the original recipes developed over the years by his family. The book also relates the family's own Horatio Alger success story, and is illustrated with charming paintings of Antoine's kitchen and chefs. If you know Antoine's—its labyrinthine dining areas, cool wine cellar, the famous Rex room with Mardi Gras memorabilia—the book is a positive necessity. If you have never eaten in its candlelit *Gone With the Wind* ambience, owning this book is the next best thing to being there. You can buy it by mail from Carbery-Guste, 725 Rue St. Louis, New Orleans, La. 70130 for $14.95 plus $1.50 postage.

National crafts center

Anyone seriously interested in crafts is familiar with American Crafts Council. This national nonprofit organization has been promoting crafts in this country since 1943. The innovative programs of the Council and its affiliate, the Museum of Contemporary Crafts in New York City, are largely responsible for the recent popular awareness of crafts in this country. This national center for craftsmen, both amateurs and professionals, publishes a bimonthly magazine *Craft Horizons.* Membership in the Council is $25 a year and includes the magazine. The Council also sponsors "Your Portable Museum," a slide/film service available to members as well as nonmembers. This service offers visual materials on museum exhibits, craft demonstrations, and how-to-do-it techniques.

If you don't belong to the Council and want to, write American Crafts Council, 22 West 55th Street, New York, N.Y. 10019.

Lamp sculptures



About 25 years ago the sculptor Isamu Noguchi created his now famous paper and bamboo light sculptures called Akari (meaning "light" in Japanese). The graceful lamps are handmade by Japanese craftsmen who form thin bamboo "wire" into the desired shape and then wrap it with strips of Mino-gami—paper made from the inner bark of the mulberry tree. Although the paper looks fragile, it's actually very strong and becomes more beautiful as it ages.

Many Akari shapes have been available in this country for years, but Noguchi recently designed several new lamps for an exhibit at the Museum of Modern Art in New York City. The collection now includes about 75 designs, most of which are available in stores throughout the country.

Many of the lamps are hung as ceiling fixtures or attached to floor stands. Others are designed specifically as table lamps. All are collapsible. Akari gives a soft flattering light, and the larger lamps can stand alone as sculpture. Prices range from $40 to $300.

For an illustrated brochure send 25 cents to George Kovacs Lighting, Inc., 831 Madison Ave., N.Y., N.Y. 10021. ■

When you bring out your Irish linen, don't bring out spotty glasses.

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Most detergents can leave drops that spot. But Cascade's sheeting action leaves glasses virtually spotless...beautifully clear.

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continued

Coping with parasites

the animal in a towel or watch him closely for about 15 minutes after application (long enough for the dust to work). Then brush the powder out of the cat's coat.

Flea collars and tags give off an insecticide and are normally effective for at least 30 days—sometimes longer. Some researchers suspect that these products cause long-term damage to pets. A small percentage of pets do experience adverse effects (some cats in particular are extremely sensitive). However, the evidence is sketchy, and most veterinarians agree that the immediate effectiveness outweighs the long-term risk when product directions are carefully followed.

Extra precautions

If you do decide to get a flea collar or tag for your pet, here are a few simple precautions to observe.

- First, air the collar or tag outside the package a couple of days before putting it on your pet.
- Never use other insecticides or worming medication in conjunction with a flea collar or tag unless you get the OK from your veterinarian.
- Don't put the flea collar or tag on a very young animal (less than two months old).
- Don't let your pet wear a wet flea collar or tag. Some of these products can become extremely potent when wet, while others can lose their potency.
- Check your pet regularly and remove the collar or tag if you see any signs of redness or hair loss, especially in the neck area. Also remove the collar or tag if your pet evidences any nausea, diarrhea, or loss of balance—and keep it off until the problem has been diagnosed by a veterinarian.
- Make sure the collar fits properly—not too tight or too loose. See if you can run your fingers easily around your pet's neck underneath the collar.
- Remove the collar or tag for two or three days every few weeks.

Pesticides are also available in pill form, but the pills should be administered to dogs and cats only with a professional's supervision.

Because fleas stay on their host only part of the time, complete treatment includes ridding your pet's environment of fleas and their eggs and larvae as well. Aerosols do this job best, but they should be used with caution. Before setting off one of these aerosol "bombs," cover human and animal food and get the family, all pets, and delicate plants out of the house. Don't move back in till the house has been thoroughly aired out for at least a half hour after the "bombing."

Follow up this procedure by vacuuming carpets and animal bedding. Then burn the sweepings. You may have to repeat the process in ten days to two weeks to be sure you've destroyed all the newly hatched fleas.

If you'd rather not use an aerosol-type product, you can usually get the job done with repeated vacuuming of furniture and carpets, along with scrubbing floors and baseboards with a mild insecticide.

What to do about lice

Lice are so small they're often difficult to identify in thick fur. Look for the tiny, whitish eggs these pests cement to the base of animal hair. A good place to spot them is on the hair around your pet's ears.

You can treat your pet for lice the same way you treat him for fleas—using powders, dips, shampoos, or sprays. But you may have to repeat the process regularly for several weeks to get rid of newly hatched lice. Lice spend their entire life aboard their host, so you won't need to treat your pet's surroundings.

Tackling ticks

Ticks attach themselves firmly to an animal's skin and bore in to extract blood. A tick that's full resembles a small to medium-sized lima bean. Hunting dogs are favorite targets for ticks, though any pet, as well as people, can pick them up. It's wise to examine your pet after an outdoor romp.

Usually, ticks must be painstakingly removed one at a time. If not removed, ticks can cause serious illnesses—like tick paralysis and anemia due to loss of blood. The favorite hiding places of ticks are in your pet's ears, between his toes, and around his eyes and mouth. The best method of removal is to soak the tick in alcohol, ether, chloroform, or acetone (fingernail polish remover). Then grasp the tick between your thumb and first finger, or with tweezers, and remove it with a steady, firm pull. Take care to remove all the tick's head to avoid any chance of infection. Cleanse the point where the tick was attached with alcohol or peroxide. Beware of dangerous home remedies, like dousing the tick with gasoline or burning it off with a lighted cigarette or a smoldering match tip. Either of these procedures might seriously injure your pet.

If your pet is heavily infested with ticks, ask your veterinarian to recommend a chemical dip. Spraying with a good insecticide (check with your garden supply store) will help eliminate ticks from your pet's surroundings. Keep your pet away from sprayed areas for a couple of days.

How to handle mites

Mites are microscopic, burrowing parasites that can cause mange in both dogs and cats. Hair loss and reddened skin, lesions (particularly around the head), and rough, wrinkled skin are signs that your pet may be infected. There's often intense itching as well. Sarcoptic mange (one of two fairly common varieties, sometimes called scabies) has a musty odor and can be transmitted to humans.

If your pet scratches around his ears and head, and has an accumulation of dark, granular matter inside the ears, suspect ear mites. These tiny parasites can be transferred from one animal to another.

Get in touch with your veterinarian if you think your pet has mites. Treatment for mites is no job for an amateur.

Not part of the bunch

Ringworm isn't really a worm at all. It's a fairly common fungus infection that usually appears as a scale-covered, circular, reddish patch on an animal's head or limb.

Ringworm is contagious among dogs, cats, and humans. Even the fungus on hair shed by an infected animal can live up to a year. Some pets may even be carriers of this infection without showing any symptoms. Treatment requires a regular and sometimes prolonged program of medication (either pills or salves), so be sure to get a professional's help. ■

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It just so happens I pay even less."

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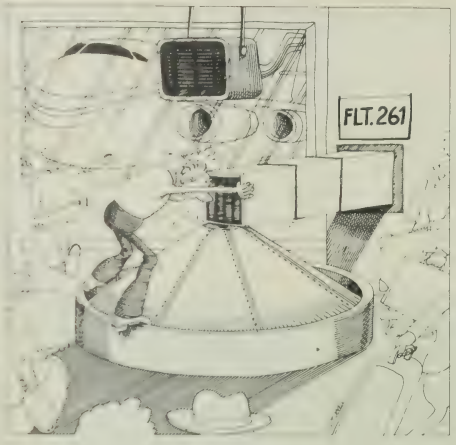


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MG TAR
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Golden Lights™ 100's.

As low as you can go and still get good taste and smoking satisfaction.

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How to handle luggage hang-ups

With 250 million people and some 350 million pieces of their luggage traveling by air each year, it's no wonder some of that baggage (an estimated three million pieces) gets damaged, lost, pilfered, or misdirected. Although there's absolutely no guarantee you won't encounter a luggage mishap, here's how you can make that unpleasant occurrence less likely and cope with the worst in case it happens.

Get set for the trip

- Tag each piece of luggage with your name and address inside and out. As a precaution, you may want to use your business address, so unscrupulous onlookers won't know at a glance where you live and that you'll be out of town. Include a note with the address of your destination and dates of your stay inside each bag as well, along with the name of the airline you're flying and the flight number.
- Jot down a brief inventory of the contents of each bag, especially if you'll be switching airlines. That's when almost half of all baggage foul-ups happen (every transferred bag is handled about ten times).
- Don't overpack. Overstuffed bags frequently burst open at the seams. If you have to force a bag shut, it's too full for traveling.
- Pack "essentials" and valuables (cash, eyeglasses, medicines, jewelry, business papers, and such) in luggage you can carry on the plane with you. Also carry on fragile items (cameras, typewriters, and other breakables). The airline's insurance doesn't cover these items, so you won't be reimbursed if they're damaged.

On most aircrafts, carry-on luggage must fit under your seat, though some planes have racks where you can stow a reasonable amount of carry-on gear. If you're in doubt, check with the airline in advance about provisions on the particular plane that you'll be taking.

- Lock your luggage.
- Remove old baggage tags from your luggage before starting out. That way there's less chance of confusing the airline baggage handlers.
- Check in early at the airport. If you rush in late, *you* may make the plane, but chances are your bags won't.
- Double-check the destination and flight number on your tagged luggage before it's out of sight.

When you arrive

Go directly to the baggage claim area when you get to the airport. Dilly-dallying only gives someone else a chance to pick up your bags—by mistake or otherwise. It's smart to mark your bags with strips of bright-colored tape, conspicuous name tags, magic marker circles, and such so you can identify your luggage quickly at the baggage pickup point.

Hang on to your baggage claim check and your ticket receipt till you get a chance to check out your luggage for damage (inside and out) or a mix-up.

What to do "if"

If, in spite of all your precautions, your baggage doesn't arrive on your flight or if it's damaged or items are missing, here's what you can do:

- Alert airline personnel *fast*. In some cases, your luggage may still be on board the plane. Fast action can result in airline personnel rechecking the plane for your bag before the aircraft takes off again.
- Never leave the airport without reporting missing or damaged baggage. Leaving the premises considerably reduces your chances of getting satisfaction. If there's any sign of damage to the outside of your luggage, be sure to open it up and check out the contents right away, too.
- Be sure the airline representative you contact makes out a written report (usually called a Property Irregularity Report) and gives you a copy, instead of just jotting down your name and phone number.
- Most bags are located within 24 hours. But if your luggage still hasn't shown up within three to five days (depending upon the airline), you should receive a claims form from the airline. Complete and return it as soon as possible. Don't inflate the value of missing items. You risk losing your entire claim if you exaggerate.
- Include in your claims form any expenses resulting from your luggage loss (for example, phone calls, costs of obtaining documents requested by the airline and having such documents notarized, interim purchases of necessary clothes and other personal items, etc.).
- Keep your baggage claim check—or get a receipt for it if it's turned over to the airline—until the claim is settled (usually four to six weeks, except for bags lost during peak travel periods

continued

continued

Luggage hang-ups

like the Christmas holiday). If your luggage turns up, you may need proof of ownership. Many airlines deliver delayed baggage to your home or hotel to help make up for your inconvenience. But be sure to request this service; airlines aren't obligated to provide it.

Airlines' liability

What's the airlines' responsibility in cases of lost, delayed, or damaged baggage? Their liability is set at $750 per ticketed passenger on domestic flights. This doesn't mean an automatic $750 refund; $750 is the *maximum*. In the case of delayed luggage, the expenses for which you're reimbursed must be considered "reasonable" and often are subject to negotiation between you and the airline.

The following tips will help ensure that your luggage has full protection:

- Check the airline's liability notices, which must be printed (according to CAB regulations) on every ticket and posted in ticket offices and at baggage check-ins.
- Get extra coverage if your baggage is worth more than the airline pays. When you check in, tell ticket counter personnel you need "excess valuation" coverage. The current rate is about ten cents per each additional $100 in coverage for personal property. Valuables like jewelry, securities, and antiques usually aren't covered, but check with the airline to be sure.
- Losses also may be covered by homeowner's insurance policies, through a personal articles floater. Check out this possibility in advance.
- Companies that sell life insurance from booths in airports also may offer baggage and personal effects coverage, but premiums are high compared to excess valuation coverage through the airlines. And some companies won't sell you this coverage unless you buy life insurance from them as well.
- Insurance brokers also sell short-term trip policies to cover personal effects. The advantage of these policies is that your luggage is protected during the whole trip—not just when it's in the hands of the airlines.

Airlines are responsible for all damage to luggage (torn-off handles, punctures, tears, scuffs, etc.) caused by their personnel. But unless you can prove negligence on their part, the airlines are not liable for breakage of fragile items and for packages (like flimsy cardboard cartons) that can't withstand ordinary handling. Airlines cannot, however, disclaim liability for merchandise packed in factory-sealed cartons or other containers designed for shipping. Again, report damage as soon as it's discovered or your claim may not be honored.

You'll find more information in a free booklet called *Air Travelers' Fly-Rights,* published by the Civil Aeronautics Board. To get a copy, write the Bureau of Consumer Protection, Civil Aeronautics Board, 1825 Connecticut Avenue N.W., Washington, D.C. 20428. Also contact that office if you have a complaint about the handling of a baggage claim. Another helpful booklet called *Facts and Advice for Airline Passengers* is available for $1 from the Aviation Consumer Action Project, Box 19029, Washington, D.C. 20036. ■



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SUPER SHADE.
The highest degree of sunburn protection you can buy.

Proof: SUPER SHADE blocks burning rays best.

Read and follow label directions.
Data available upon request.
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begins on page 112

Plan and plant with wildlife in mind

When you're placing birdbaths or saucers, be sure there are shrubs or tall plants nearby; birds feel more comfortable if they know an "escape" perch is close. Add rocks in and around the pool so amphibians and reptiles can sun themselves and rest.

Provide food. Give planting preference to seed-, nectar-, and fruit-producing species favored by wildlife. As a start, study the plants listed on the Grants' plan. Notice the back of the lot is set aside for meadow plants—a good idea if you have an extra deep lot. This area is sowed to clover, fleabane, black-eyed susans, mullein, and other sun-loving wildflowers. In early summer, raspberries and blackberries ramble into sheltering thickets rich with fruit.

Closer to the house, domestic plants dominate the plan. The Grants let seed pods form on perennials as flowers fade and clip most of the faded blooms from annuals to promote new flowers.

Bird feeders are strategically spotted throughout the garden. Mixed seeds and other treats fill the feeders all year; this guarantees steady bird traffic. However, after plants are well established and bearing seeds and fruits, summer and fall supplemental feeding is optional.

Provide shelter. The trees and shrubs you plant, plus those that now exist on the lot, shelter wildlife from predators and weather. If you're starting with a bare lot covered only with grass, consider artificial shelters such as a pile of brush or wood, or a rock wall. Even a compost heap will help.

Trees and shrubs also provide potential nesting sites for birds and squirrels. Some bird species prefer birdhouses and nest boxes; you can increase your chances of attracting resident birds by installing one or more structures for nesting. The Grants have had tenants in their bluebird house every spring.

Open space. Leave some open space in your plan. A grassy area tempts worm-hunting robins and many other wild species. Also, it clears the view for you. In the Grants' garden, the grassy section is set up as a badminton court. Birds often perch on the net poles to survey the scene.

For additional details on attracting wildlife to your backyard, write to:
National Wildlife Federation
1421 16th St. N.W.
Dept. BG9
Washington, D.C. 20036

Trees attractive to birds

beech
red and white oak
red maple
white pine
white, blue, and Norway spruce
hemlock
red cedar
serviceberry
flowering dogwood
birch
wild cherry
mountain ash
flowering crab
hawthorn
hackberry
mulberry
Russian olive
Amur maple
willow
elm
box elder
sour gum

Vines attactive to birds

trumpet
Virginia creeper
bittersweet
wild grape
wisteria
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Annuals and perennials

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bee balm
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Shrubs attractive to birds

red osier dogwood
autumn olive
elderberry
blackberry
honeysuckle
buckthorn
black haw
highbush cranberry
highbush blueberry
gray dogwood
Japanese barberry
nannyberry
viburnum
gooseberry
raspberry
blackberry
currant
lilac
holly
rose
euonymus
pussy willow
sumac
hazelnut
cotoneaster
shrub lespedeza
deutzia
spirea
weigela
buddleia
andromeda
privet

Herbs

lavender
chives
yarrow
mint
camomile
borage

Meadow plants

black-eyed susan
milkweed
clover
Queen anne's lace
goldenrod
thistle
mullein
fleabane
chicory
wild sunflower

continued





Copyprint it!

Pictures without negatives can still turn into more pictures, with colorful copyprints! Just take your favorite snapshot or instant print to a store with a sign that says, "We use Kodak paper... for a good look." To help your color copyprints look their best—ask for Kodak paper behind them. You'll know it's Kodak paper by the words, "This paper manufactured by Kodak," on the back of the prints.

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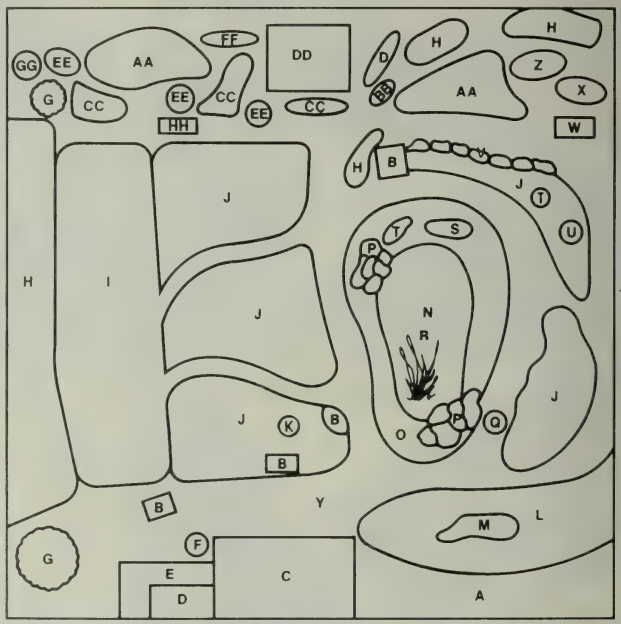
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

RED WING
Box 9962, Dept. B-6, St. Paul, MN 55199

continued

Plan and plant with wildlife in mind

Wildlife visitors are particularly fond of vegetable crops. To keep food raids to a minimum, plan on caging your produce. Cages made of welded wire fabric will keep birds and animals away. Use 2x4 mesh; it's fine enough to keep birds from snitching seeds or young bedding plants. Make the top or one side of the cage removable so you can take care of the vegetables and harvest the crops. In the Grants' plan, *below*, food crops are intermingled.



Plant to give wildlife a big choice of foods

A patio
B feeder
C screened porch
D woodpile
E walk
F rain barrel
G willow tree
H shrub border
I lawn and badminton court
J perennial and annual border
K birdbath
L perennial and herb garden
M rock garden
N pond
O perennial edging
P rocks
Q juniper
R water plants, cattails
S blue spruce
T Japanese maple
U sundial
V stone wall
W compost bin
X purple leaf plum
Y path
Z pear
AA wild meadow
BB birch
CC berries
DD vegetable garden
EE pine tree
FF maple
GG beech tree
HH bench

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by Ann Lively

Fishing trophy



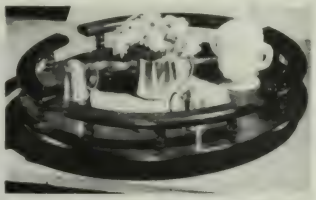
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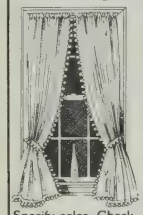


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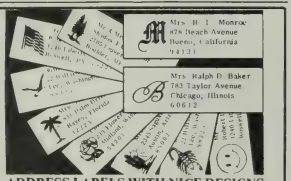


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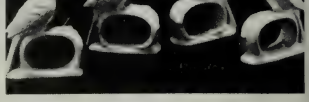
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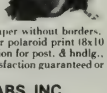
Chorus of birds

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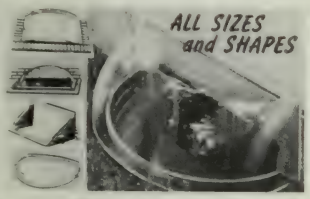
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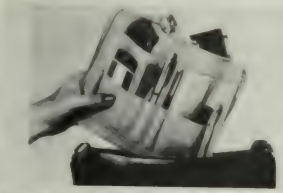
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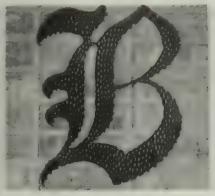
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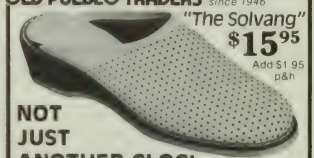
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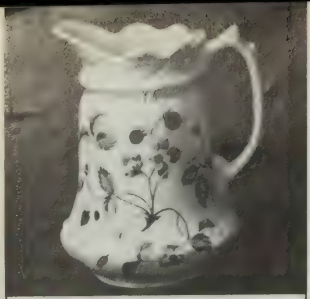
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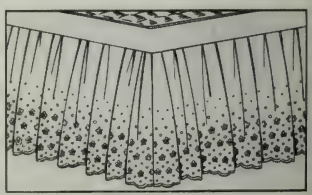
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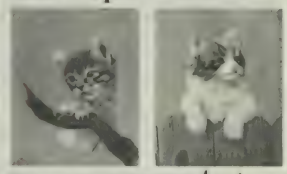
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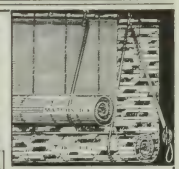
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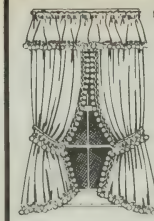
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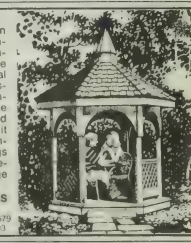
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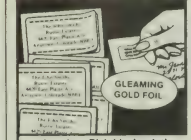
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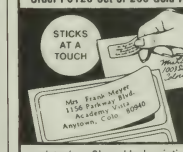


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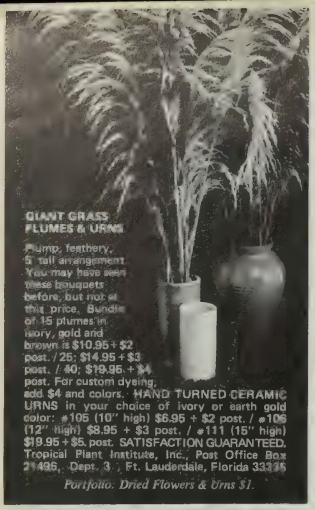
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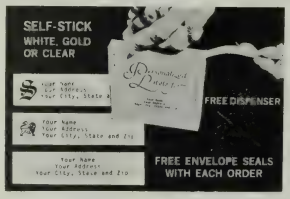
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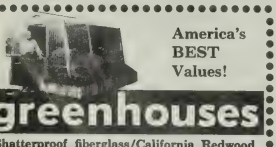
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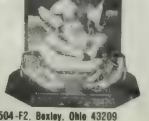
Maintains texture & natural color of living plant. Ivory ceramic urn with detachable macrame hanger incl. Med. (2'6" & over), pictured, $12.95; Lg. (3' & over), $13.95. Add $3 post. ea. Tropical Plant Inst. Inc., Dept. BH6, Box 21496, Ft. Lauderdale, FL 33335.

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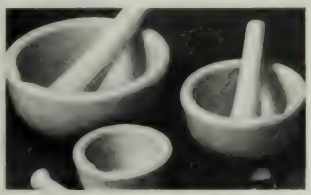
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Redwood frame with corrugated acrylic fiber-glass cover. 8'x12' model (shown) F.O.B. Santa Cruz $369.95. Also 8'x8' & 8'x16' models. Free color catalog. Peter Reimuller-The Greenhouseman, Dept. 7-FP, 980 17th Ave., Santa Cruz, CA 95062.



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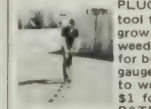
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The Man Next Door®

Hank Nardman, eight, thinks the summer reruns on television are great. Now, he says, he can catch up on his favorite programs that unfortunately were preempted by evening homework during the school year.

Grumpy Ned Carter says he tried to teach his grandson to be a good fisherman, but the lad learned to tell the truth at an early age and never got over it.

Aunt Opal is wryly amused by the new husband-wife team of doctors who just opened their practice here, she an obstetrician and he a pediatrician. Says Aunt Opal: "They'll get them coming and growing."

Futility, says Christine, is packing a two-week supply of underwear for a son's trip to camp while knowing full well he's going to come home with most of it unworn.

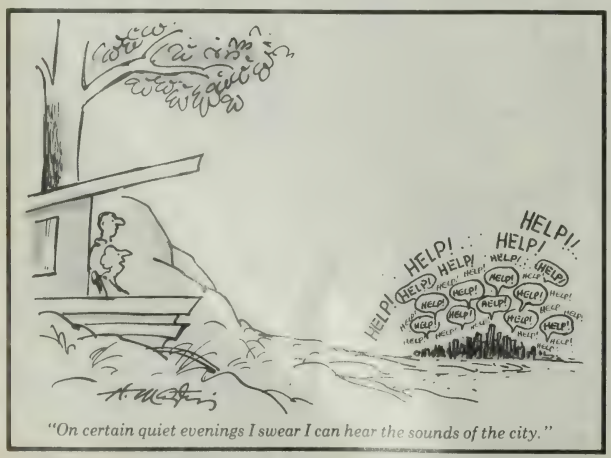
Bubba Daly, 16, proposed to his dad that they conserve energy by using the power mower only on alternate weekends, but dropped the subject when reminded that they still have an old-fashioned, energy-efficient push mower in the basement.



"Martha! Martha! Another half-price, act-now-pay-later, no obligation, satisfaction guaranteed offer!"

Elaine Cowan says she appreciates the buzzers on her new car—one that reminds her to buckle up, another that goes off if the key is left in the ignition switch. "They're nice," she says, "but sometimes I feel awfully nagged at."

Daughter Judy says eggs are ecologically neat—they come in biodegradable, no-deposit, no-return shells.



"On certain quiet evenings I swear I can hear the sounds of the city."

Bill Norman says this is his carefree time of year. The Christmas bills are paid, his income tax return is figured and filed, and the vacation bills haven't started to come in yet.

Charlie Gleason, who lives down the street, says there's nothing that will revive old friendships and make new ones faster than filling up the swimming pool for the summer.

When Chris and I stopped by to return a book to young Bill Wilson late the other afternoon, his wife Pam said we'd find him in the garden.

There was Bill, jackknifed almost to ground level as he weeded string beans. He didn't see us coming, and we had a chance to observe for a minute this bespectacled, slender, and long-limbed young man in his mid-twenties. His hands were hidden and busy among the leaves and stems, culling the interlopers among his prized vegetable plants.

What struck us most, though, was his expression—serious, absorbed, and utterly at peace as he worked amid the greenery.

He had a right to be contented, too, because his is one of the prettiest gardens we've seen in years. The tomato plants shone with health, the squash vines rambled almost alarmingly, ready to take over the world. Peppers, eggplants, carrots, onions, and cabbages marched in sturdy rows as manicured and weedless as the ones in a seed catalog photograph.

When I spoke, Bill straightened up with that smooth, quick motion my middle-aged body has almost forgotten. We shook hands and talked a little about the book Christine and I had borrowed and about his garden.

As Chris and I drove home we shared a pleasant thought—how good it is to see that yet another generation has discovered the joy of growing things.

Love was at work there, and pride, and an understanding that the earth has always had much to offer those willing to learn how to sow and harvest.

Burton Hillis



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